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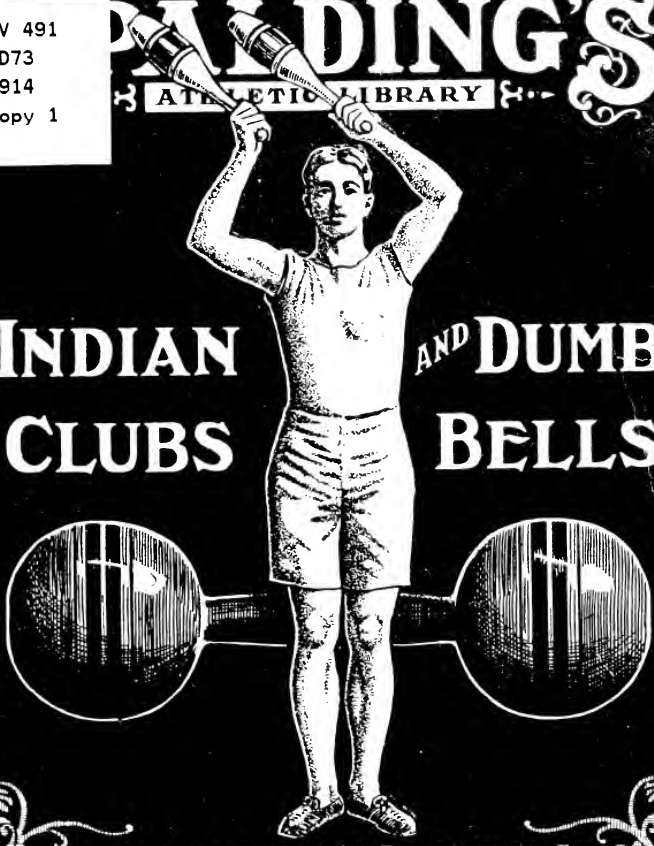

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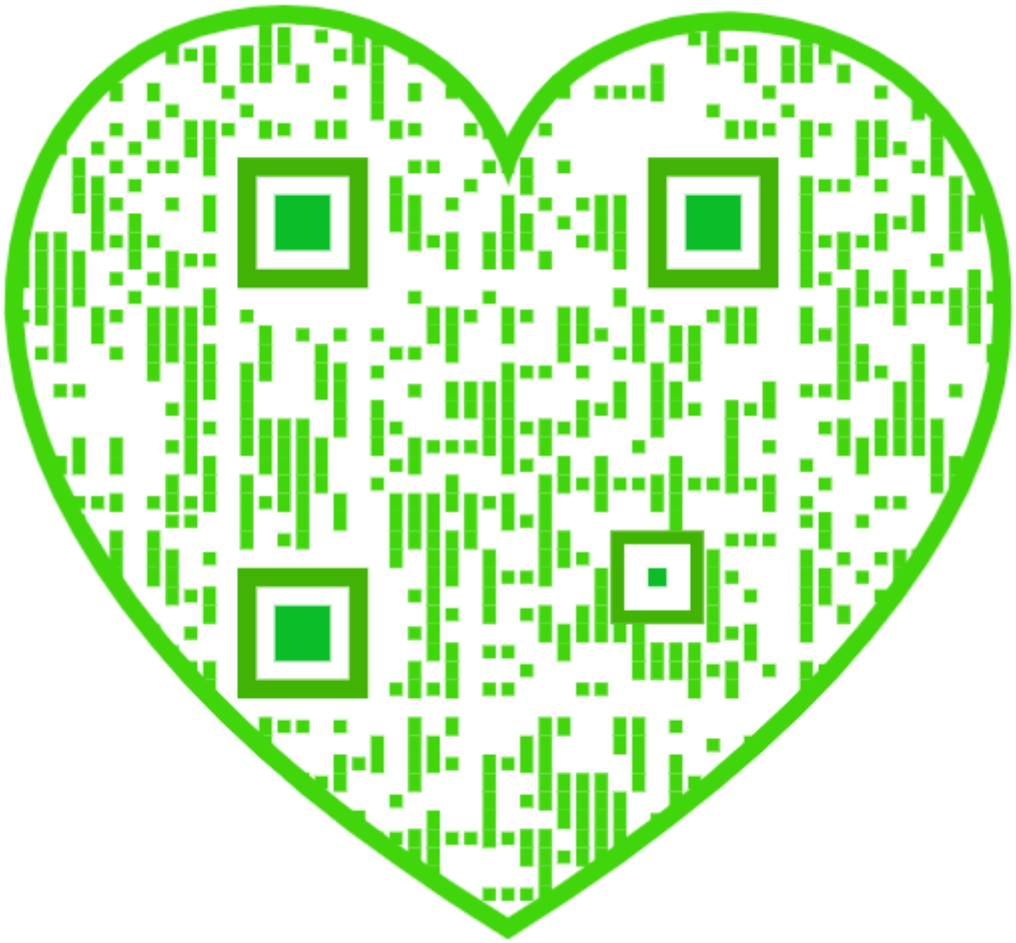

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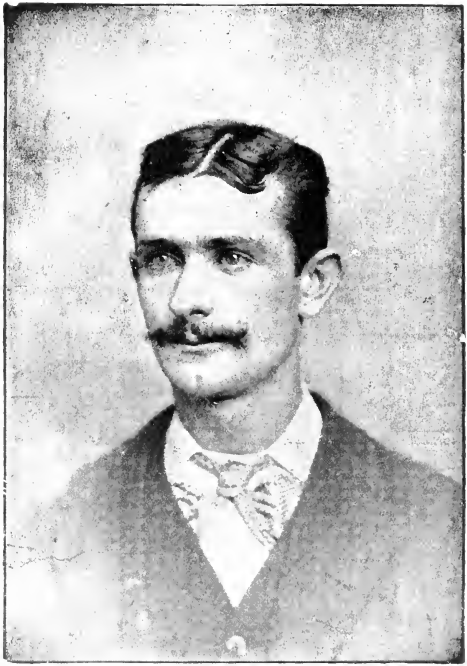

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BY

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INTRODUCTION.

Physical culture is a subject on which volumes yet remain to be written before its necessities are fully grasped or generally understood.

Professors of the art have increased and multiplied throughout the country and yet doctors, hospitals and cemeteries are as liberally patronized as in the dark ages.

Certain favored classes have made a practical study of the subject and reaped golden benefits. Students have had its theory and practice drilled into them at college and have come forth into the battle of life with the physique of gladiators. Elaborately fitted gymnasiums have sprung up in every city and developed specimens of manhood which an Olympian champion might envy. This progress is cheering as far as it goes:

But how far does it go?

The classes have undoubtedly mastered the subject, but have the masses been benefited?

Take any one of the thousands of young men who scramble out to business in New York or any other large city every day after bolting a nominal and tasteless breakfast, and ask him about his health and habits. The answer will only vary as regards his freedom or otherwise from actual disease. Beyond this he knows nothing on the subject. His habits, he will assure you, are quite regular. He rides direct to his business every morning; stands at his desk, or counter or case for ten or twelve mortal hours at a stretch; rides direct home again, bolts his supper, reads the paper and goes to bed.

Is this man living, in the true sense of the word?

No! He is slowly but surely decaying, without ever having bloomed.

He has occasionally thought of joining a gymnasium or athletic club but never found the spare time. He has perhaps taken a cursory glimpse through some learned essay, lecture, or intricate work on physical culture and was momentarily impressed but did not see how it affected him personally.

It is principally for such men this little treatise is compiled. They can grasp its theories during the homeward ride and practically sat

isfy themselves in a quarter of an hour after rising in the morning or before going to bed at night that the great secret is theirs.

The only artificial outfit needed is a pair of Indian clubs and dumb bells. With these, a spark of healthy manliness and ambitious enthusiasm, a man can accomplish as much in an attic bedroom, or on the roof in mild weather, as will transform him in the course of a year.

But a youth may argue, as one did recently with the writer "The investment would feed me for a week."

Granted; but there is no visible improvement in the body at the end of a week's, or even a years's, liberal board.

The toiler goes out patiently day after day and week after week to drudge—for what—a living.

All the necessaries and luxuries he can stuff himself with from steak to ice cream in a life time won't make him feel what it is to be alive like rational exercise of those parts of his system which have to lie dormant during his business.

God may have created him to earn his bread by the sweat of his brow to the bitter end, but that does not justify him in neglecting the symmetry of the Image he represents.

Better to aim at having "a combination and a form indeed where every god did seem to set his seal to give the world assurance of a man."

In a country like ours, says Professor Blaikie in his admirable work, where the masses are so intelligent, where so much care is taken to secure what is called a good education, the ignorance as to what can be done to the body by a little systematic physical education is simply marvelous.

Few persons seem to be aware that any limb, or any part of it, can be developed from a state of weakness and deficiency to one of fullness, strength and beauty, and that equal attention to all the limbs, and to the body as well, will work a like result throughout.

One of the most effective and agreeable means of attaining these objects is

CLUB-SWINGING.

There is a fascination about this exercise that grows on one with his proficiency. The exertion or strain is rarely felt after the primary motions are mastered. As soon as the beginner realizes that the tendency of the club, from its special formation, is to describe a circle, if not prematurely checked in its course, he has crossed the only stumbling block. After that he has only to think of a movement, and, as a practical instructor puts it, "the clubs do the rest."

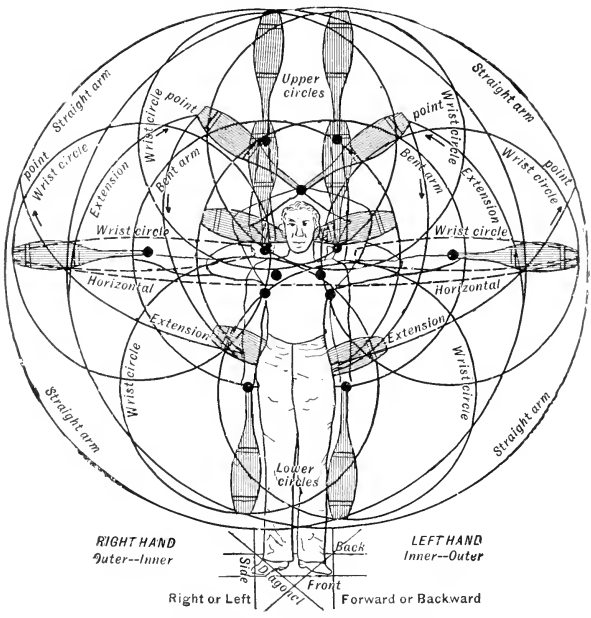
The present generation is the first which had an opportunity of enjoying the exercise in this country. It will not, however, be the last, as the Indian club, unlike many equally modern innovations, has come to stay. Its title indicates its origin. When the Britishers proceeded to civilize, and incidentally to annex, India, they were surprised to find the natives marvelously expert in swinging clubs in various graceful and fantastic motions.

The English officers were not slow to recognize the superior development of those most addicted to the pastime. One of them alludes to the then novelty as follows: "The wonderful club exercise is one of the most effectual kinds of athletic training. The clubs are of wood from four to twenty pounds, and in length about two feet and one half."

"The exercise is in great repute among the native soldiery, police, and others whose caste renders them liable to emergencies where great strength of muscle is desirable. The evolutions which the clubs are made to perform, in the hands of experts, are exceedingly graceful."

"Besides the great recommendation of simplicity the Indian club practice possesses the essential property of expanding the chest and exercising every muscle of the body concurrently."

The club exercise soon after was introduced into the British army as part of the drill. In due course its popularity spread to this country and its use may now be described as universal. Indeed, the enthusiast was about right who exclaimed, "No home is properly furnished without at least a pair."



THE PRINCIPLES OF CLUB SWINGING. FIG. 1.

In the engraving the black spots represent the handle of the club and the centre of the circle made by the end of the club in going around The hand being held nearly stationary.

The lines at the feet of the figure, show the manner of varying the movements by swinging in front, behind, at the side and diagonal to the front of the body.

Any circle done in one direction can be reversed and swung in the opposite direction.

Any circle done while the hand is held in any of the nine positions can be done with the hand at any of the other positions.

By understanding this, and the proper method of combining the circles into double movements, the pupil will be able to invent combinations including any two or all the circles.

Accuracy is of the utmost importance in the practice of the exercises described in this book. This should be thoroughly understood as no skill can be acquired when the movements are done in a careless or awkward manner.

It would perhaps be better to first practice the movements without the clubs, turning the arm and wrist in the proper manner until the idea is perfectly clear, then proceed the club.

In selecting clubs the begi ner shoul be careful not to get them too heavy for the difficult moveme ts; a ub which can be held at arms length and made describe a wri t circle, is best, and the exercise which would be obtained by continuing their use a moment or two longer would be more beneficial than the strain of swinging a heavy one a shorter time.

It is best to learn the names of the different circles and movements, as it gives a much clearer understanding of them than could be secured otherwise. In the single movements the es describe the circle itself. In the double, the name indicates movement by showing the relation the arms bear to each other in completing a circle.

In practicing, stand erect, expand the hest, square the shoulder and slightly elevate the chin, look straight to the front, lean a little forward so as have the weight centre on the balls of the feet, have the heels two inches apart with the toes spread at an angle of forty five degrees. If there is a line in the floor or carpet, it would be well to stand facing it; make the club follow this line as nearly as possible.

First bring the club to the starting position, with the hand opposite the right breast, the elbow pressed to the side, the knuckles turned out and the club extended vertically.

Start every Circle or Movement from this position. When only one club is used let one arm hang pendant at the side. If a Straight-Arm circle is to be done, elevate the club at arms length to a point directly above, then proceed.

First make the club describe an inner-circle, that is, start it toward the head or centre of the body. Then describe the same circle at the side, that is, at right angles with the line. Then the same digonally with the line, next describe the same circle in the opposite direction or outer, starting away from the head or body, and so on through the three circles as before. Then try another circle the same, and as soon as all the single circles have been mastered take both clubs and proceed in the same manner.

If at first the club wrenches the wrist in making the circles, try some other way of holding it as the whole secret of doing the difficult movements is in the manner in which the club is held in the hand.

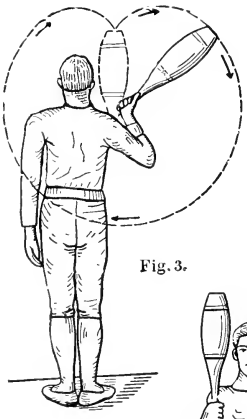


Fig. 3.

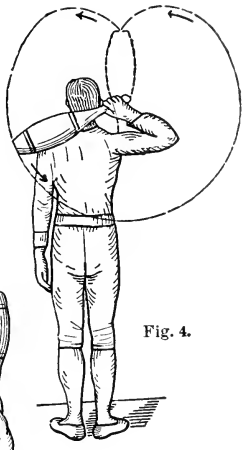


Fig. 4.

Fig. 2.

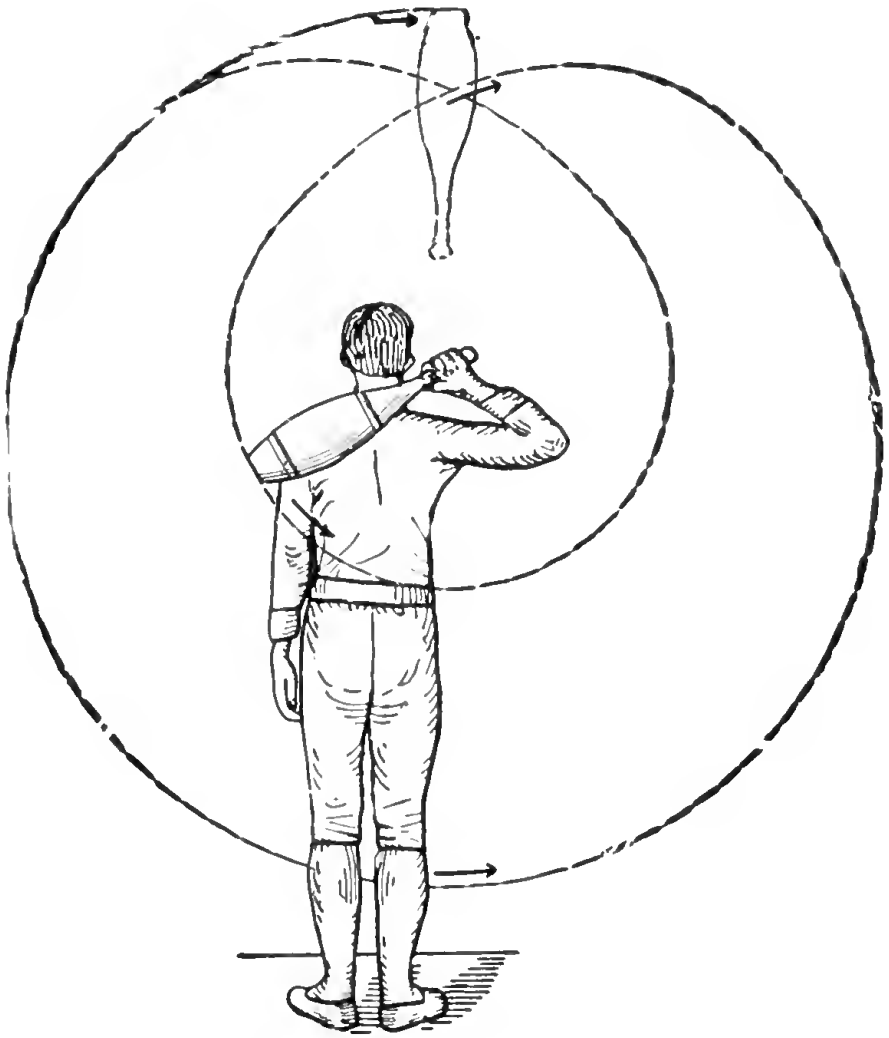
BENT-ARM CIRCLES, BACK. FIG. 3 and 4.

Hold the club in the starting position, raise the arm and drop the club over the shoulder, make a complete circle behind the back, and repeat. Allow the wrist perfect freedom, do not hold the club too tight as it will make the movement awkward. In the inner circle let the hand pass from the top of the head to the back of the neck.

With the right hand drop the club to the right for the outer circle and to the left for the inner circle, and the reverse with the left hand.

Endeavor to swing the club squarely, and let the evolutions be perpendicular and parallel to the line in the floor.

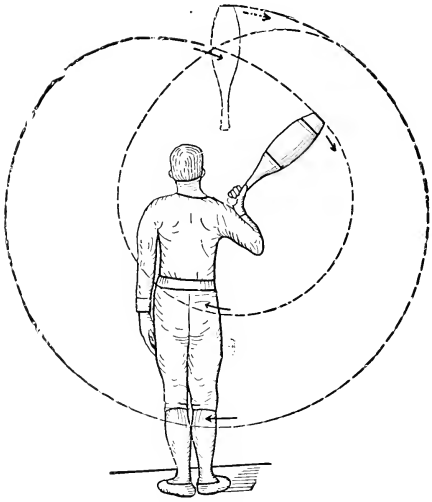
The only difference between the inner and outer circles is the direction of swinging them.



INNER MOVEMENT. FIG. 5.

This movement combines the inner bent-arm circle, back of the shoulder and the plain straight-arm movement or sweep in front of the body, thus making a circle within a circle.

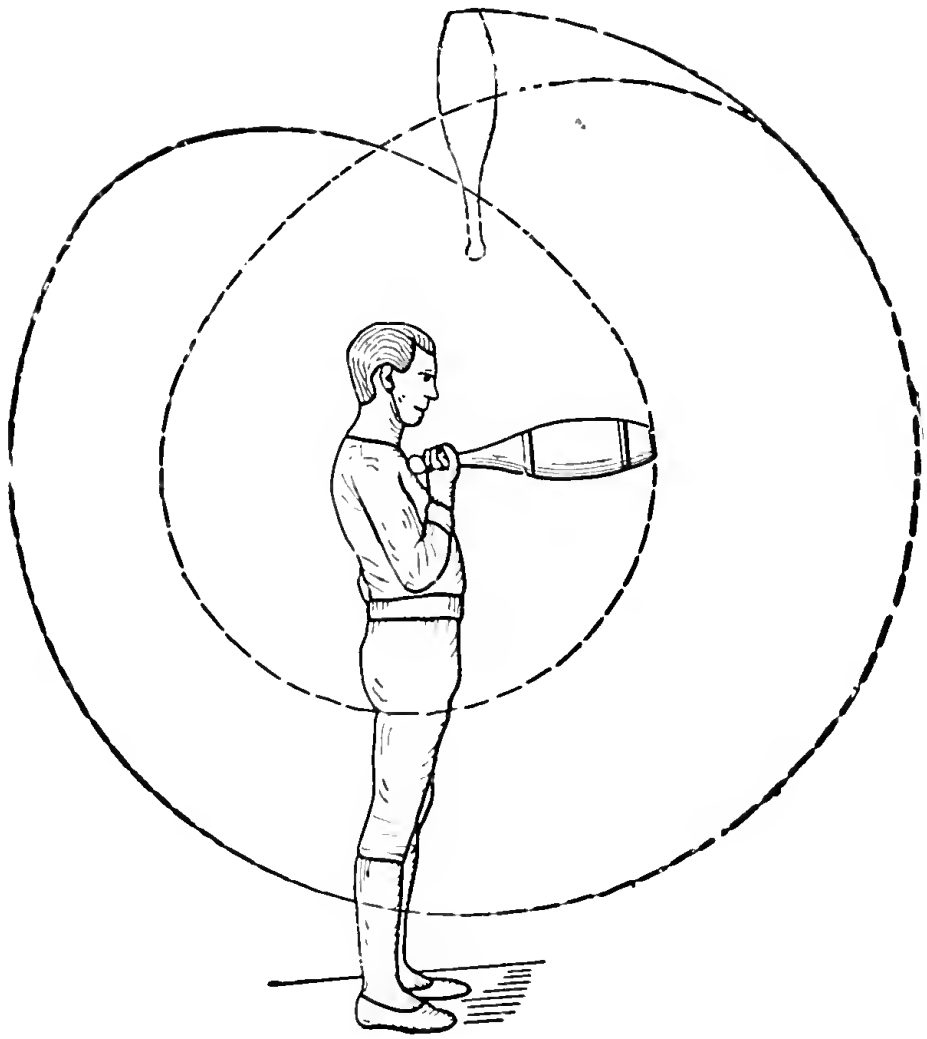
Execute the same with the left hand carrying the club to the right instead of the left.



OUTER MOVEMENT. FIG. 6.

This movement combines the outer bent-arm circle back of the shoulder and the straight-arm circle in front of the body.

When finishing the bent-arm circle, raise the arm and extend it straight vertically before starting the straight-arm circle.



SIDE MOVEMENT. Fig. 7.

From the starting position, drop the club forward or back, letting it turn loosely in the hand, finish the bent-arm circle with a straight-arm, both circles being complete.

The circles should be made at right angles to the floor line.

Repeat with the left hand.

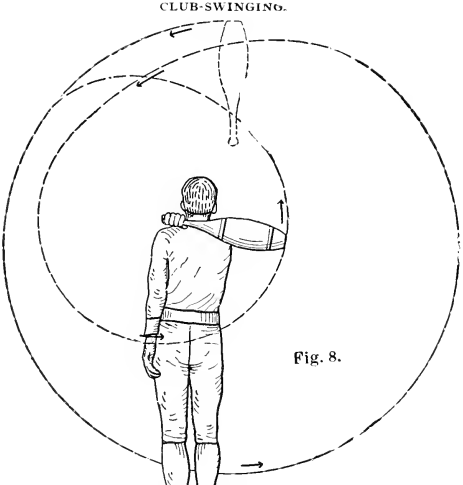


Fig. 8.

OVER-ARM MOVEMENT. FIG. 8.

From the starting position raise the arm and extend it across to the opposite shoulder. Drop the club over it and made it describe a complete circle behind the back. Throw the head back to allow the arm to go over the shoulder as far as possible.

Finish with a straight-arm circle and repeat. Excute the same with the left hand. Reverse to the inner movement.

UNDER-ARM MOVEMENT. FIG. 9.

Extend the arm not in use horizontally. Drop the club with the arm reaching as far as possible, turn the knuckles out and describe the circle behind the back, with the hand close up under the opposite arm.

In the movement combine the straight arm with the under-arm circle. Reverse to outer-circle. Execute in the same manner with the left hand.

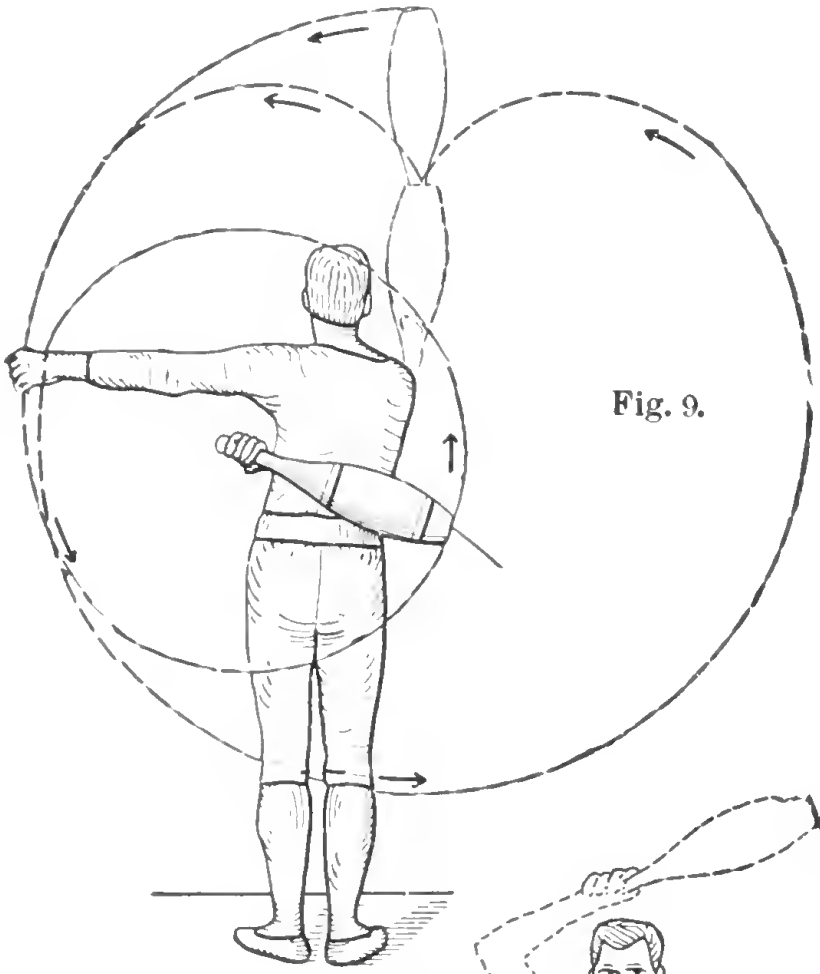


Fig. 9.

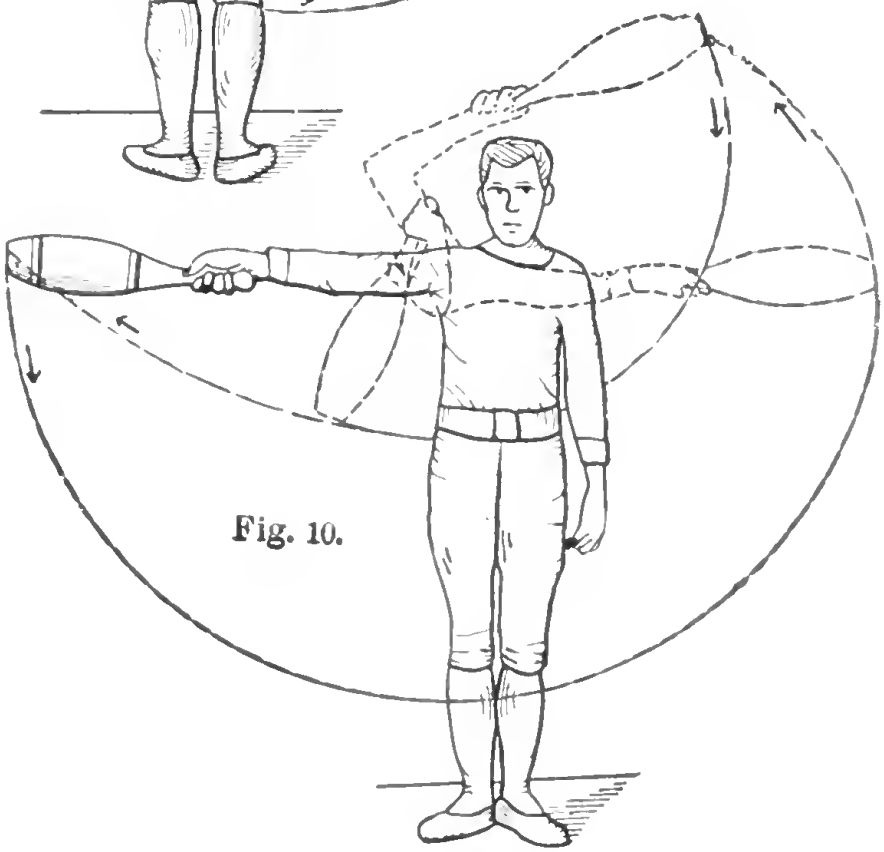


Fig. 10.

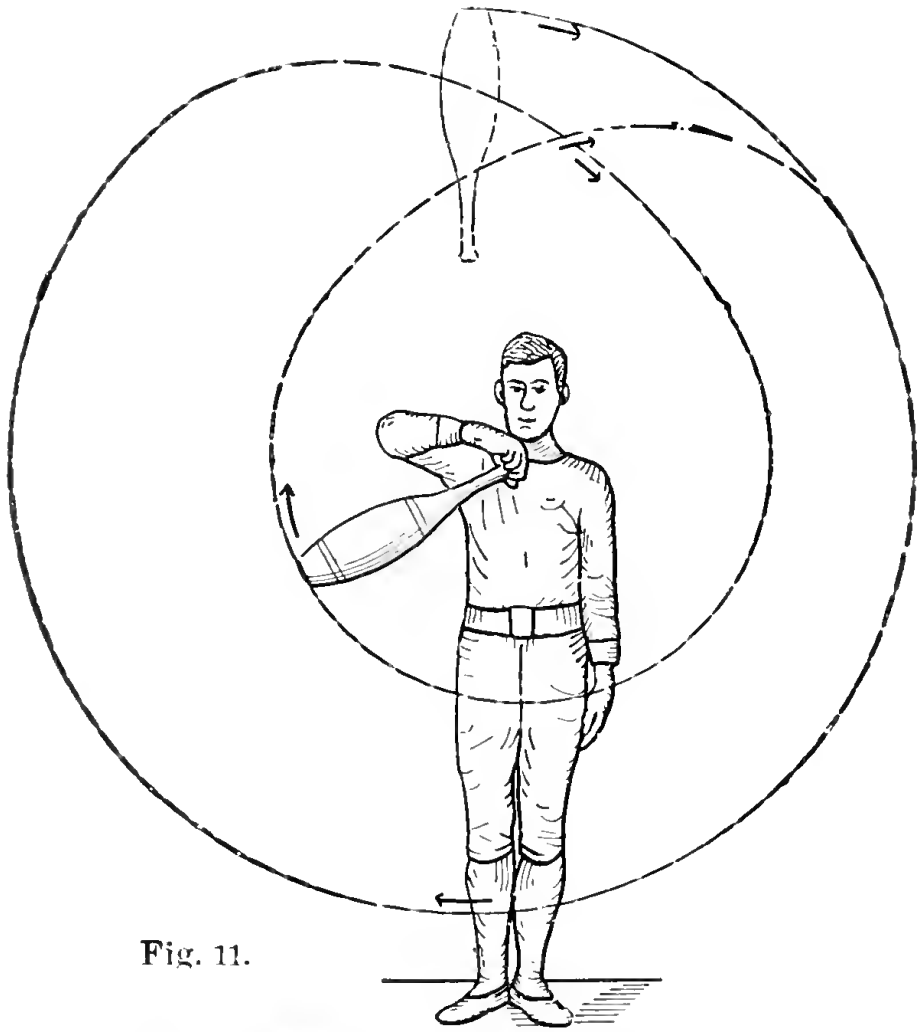


Fig. 11.

BENT-ARM CIRCLE, FRONT. Fig. 11.

Hold the club loosely in the hand, taking hold of the ball of the handle, turn the palm out and drop the club down and around. Keep the hand nearly stationary, allowing the wrist the necessary freedom.

Finish with a straight-arm circle.

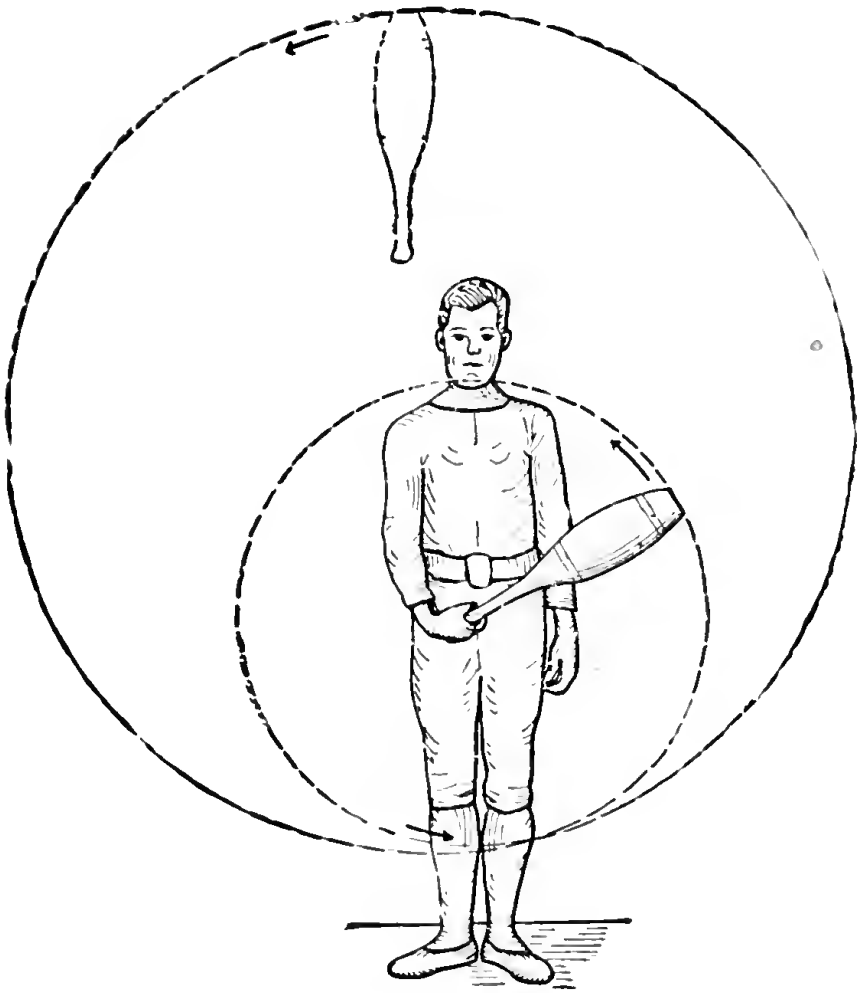
Repeat, reverse and execute with the left hand.

EXTENSION MOVEMENT. Fig. 10.

Raise the arm and point the club at an angle of forty five degrees upward, drop the club down behind the head and around until it is in a horizontal position, then straighten the arm, from this position drop the club and pass it down in front of the body and up to the changing point.

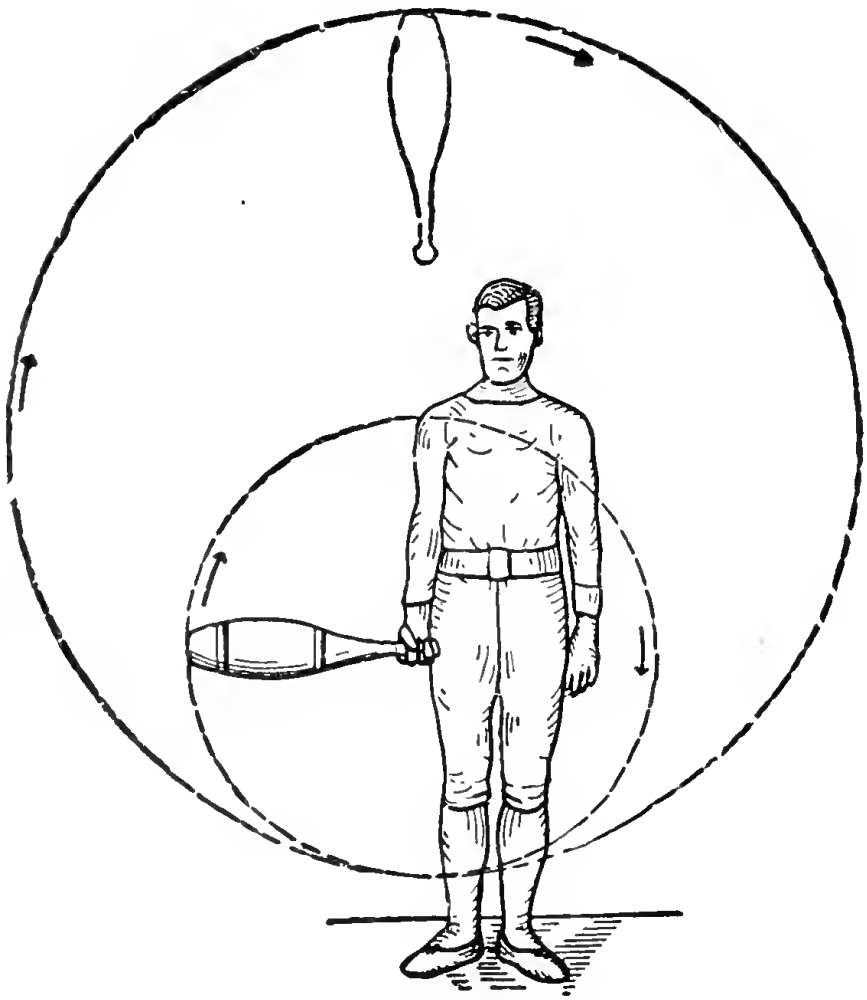
Reverse the movment, making the club pass in the opposite direction.

Execute in the same manner with the other hand.



INNER, LOWER WRIST-CIRCLES, IN FRONT. FIG. 12.

From the straight arm circles swing the club around while the arm remains stationary and pendant, using the strength of the wrist and holding the handle firmly. Finish with the straight-arm circle. Execute the same with the left hand.



OUTER, LOWER WRIST-CIRCLES, IN FRONT. FIG. 13

From the straight arm circles swing the club around while the arm remains stationary and pendant, using the strength of the wrist and holding the handle firmly. Finish with the straight-arm circle. Execute the same with the left hand.

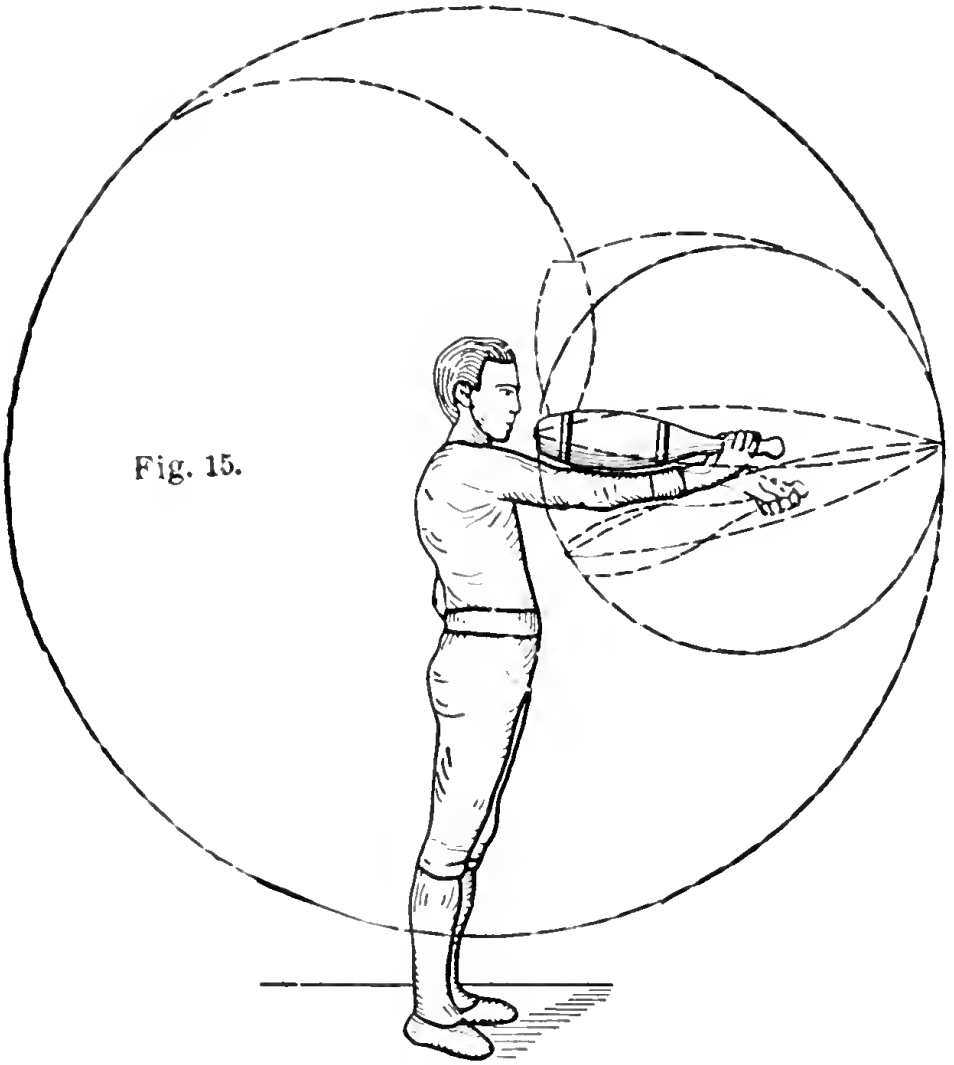


Fig. 15.

EXTENDED-ARM WRIST-CIRCLES, Fig. 14 and 15.

Turn the club in the hand, horizontal, to the right or left above or under the arm, or forward or backward on either side of it.

Let the club roll in the hand and endeavor to keep it perfectly horizontal or vertical. When swung in front finish with a straight-arm circle. Keep the arm stationary.

DIAGONAL CIRCLES. Fig. 17.

Swing the arm diagonal to the floor line, first on one then on the other side of the body. Vary by holding one arm out and swinging the other under it.

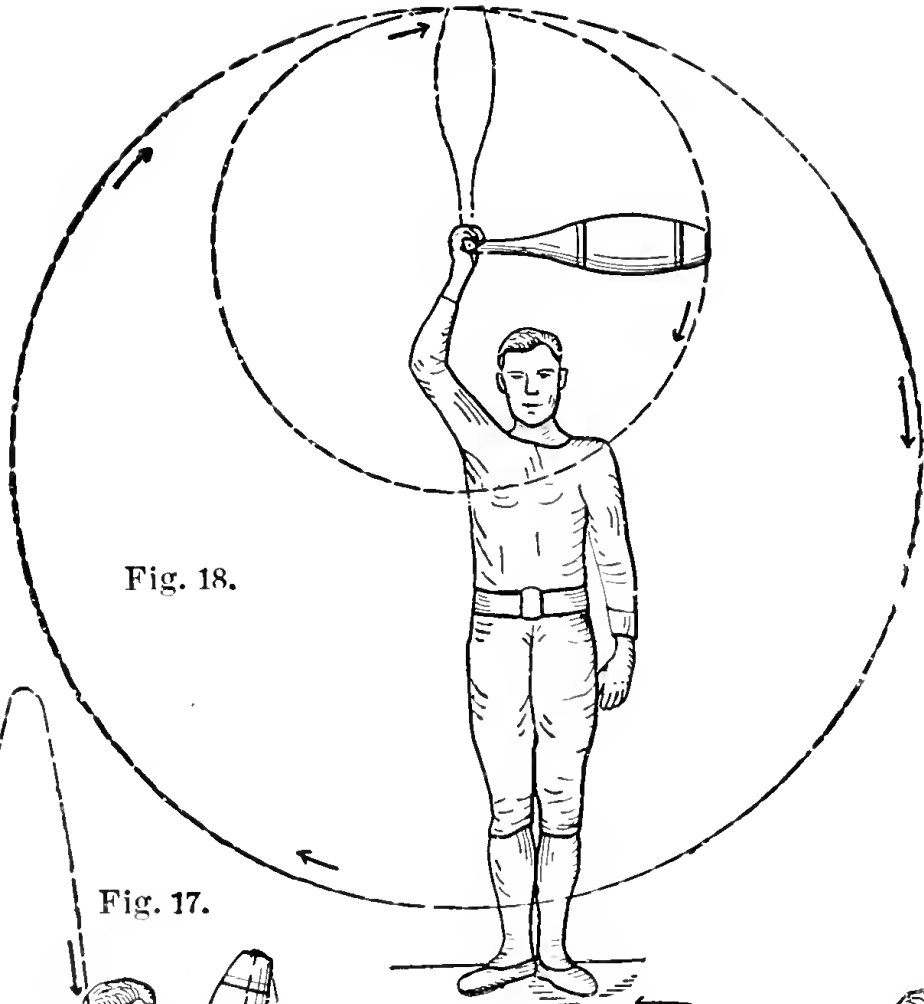


Fig. 18.

Fig. 17.

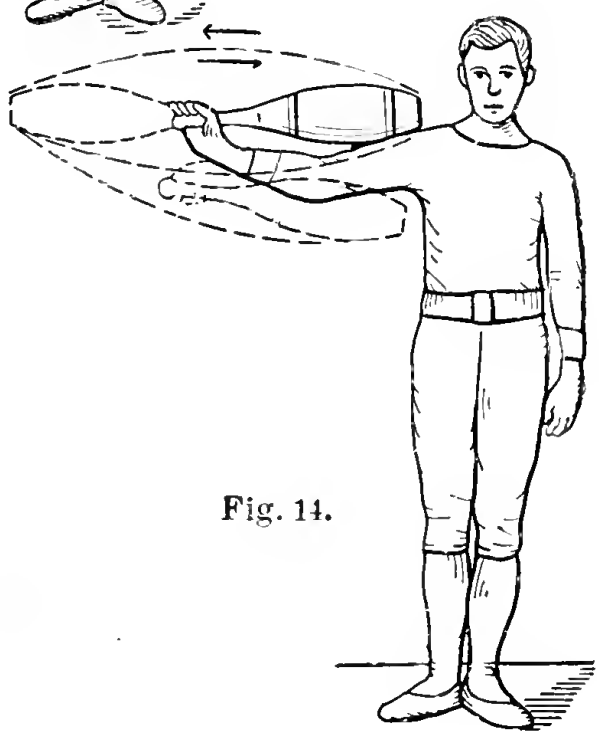


Fig. 14.

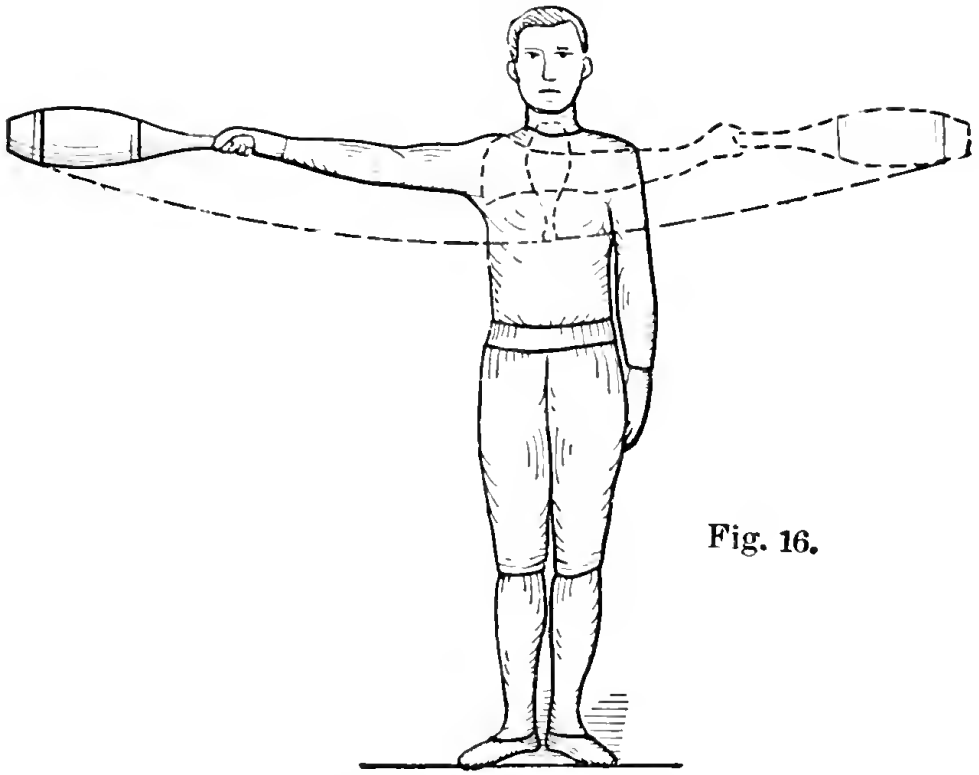


Fig. 16.

HORIZONTAL-CIRCLES Fig. 16.

For the Outer Horizontal circle, hold the club at arms length on a line with the shoulder. Pass the arm to the front, giving the club a half turn outward so that the end of it will be under the chin, complete the circle with the club, passing the arm to the opposite side, then back in the same manner. Understand that the arm makes only a half circle while the club makes one and a half.

For the Inner Horizontal, turn the club in towards the face and across to the opposite side, the arm moving as before. Make a half circle with both arm and club.

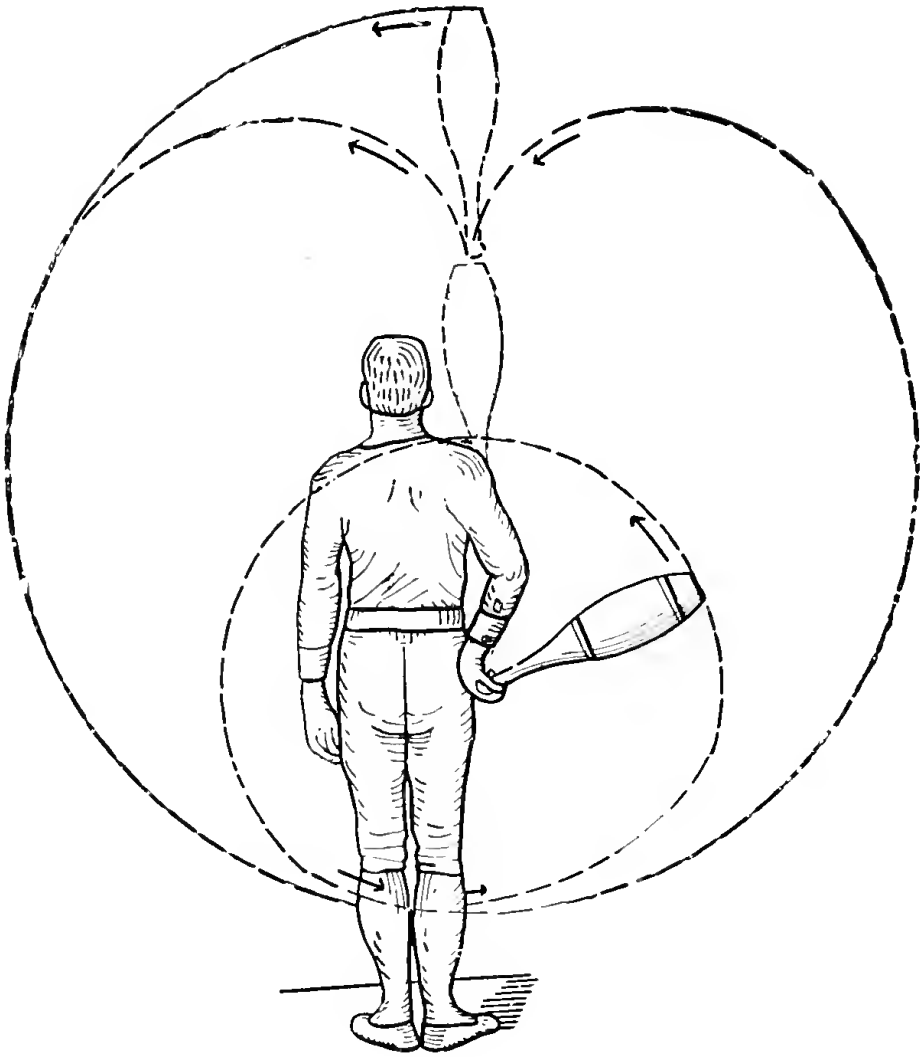
This movement can be varied by making the club describe the circle on a line over the head, keep it horizontal as before.

Finish with the lower half of the straight-arm circle.

UPPER, WRIST-CIRCLE. Fig. 18.

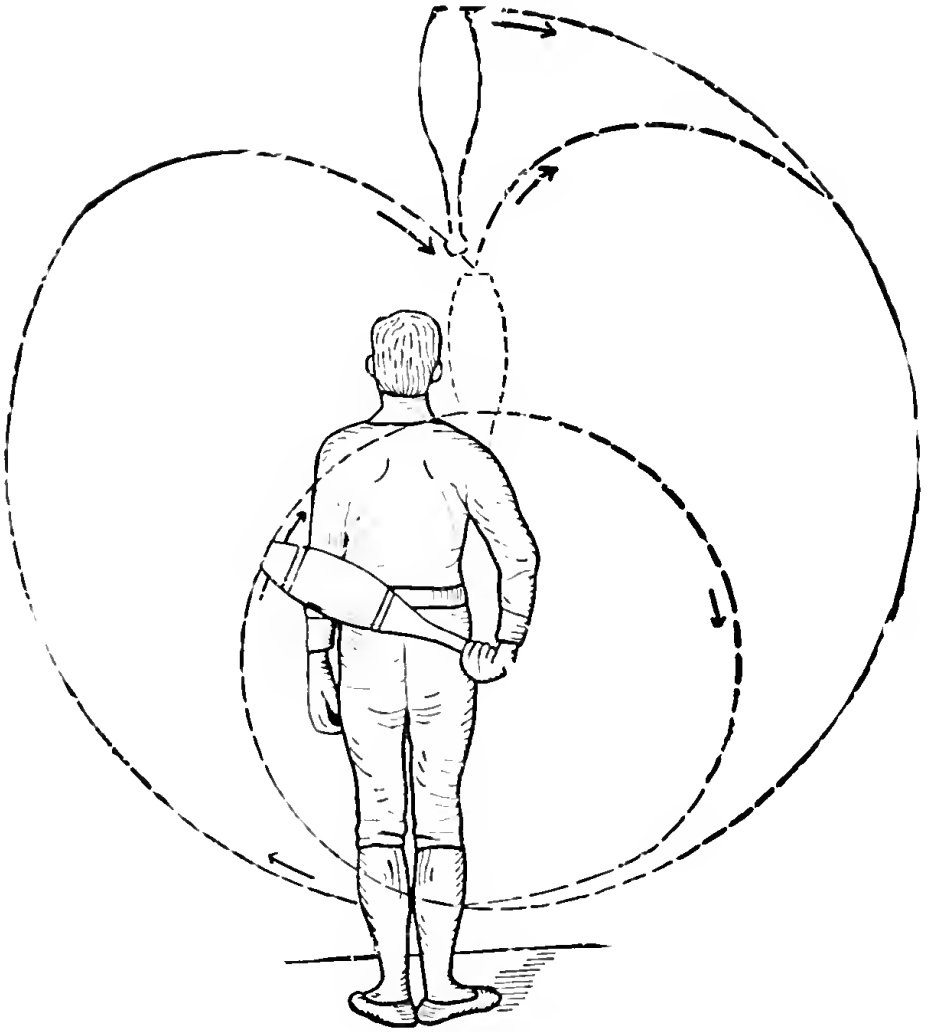
After a straight-arm circle, and when the arm is extended vertically let the club drop down and by a jerking movement of the hand make it describe a wrist-circle, then complete the straight-arm circle and repeat.

Swing either to the right or left and repeat with the left hand.



OUTER, LOWER, WRIST-CIRCLE. BACK. Fig. 19.

Hold the club loosely in the hand or have the handle between the first and second fingers, turn the palm out. Start with a straight-arm circle, give the club sufficient force to carry itself around, allowing the wrist to turn with the club. Stop the arm suddenly, when down straight, make a wrist-circle with the club and finish with a straight-arm circle. Repeat, then execute the same with the left hand



INNER LOWER, WRIST-CIRCLE, BACK. Fig. 20.

Start with a straight-arm circle, turn the palms to the rear, stop the arm suddenly when down straight, turn the wrist out and allow the club to describe a circle behind the back, the hand following the club to the centre of the back.

Finish with a straight-arm circle.

Repeat and execute the same with the left hand.

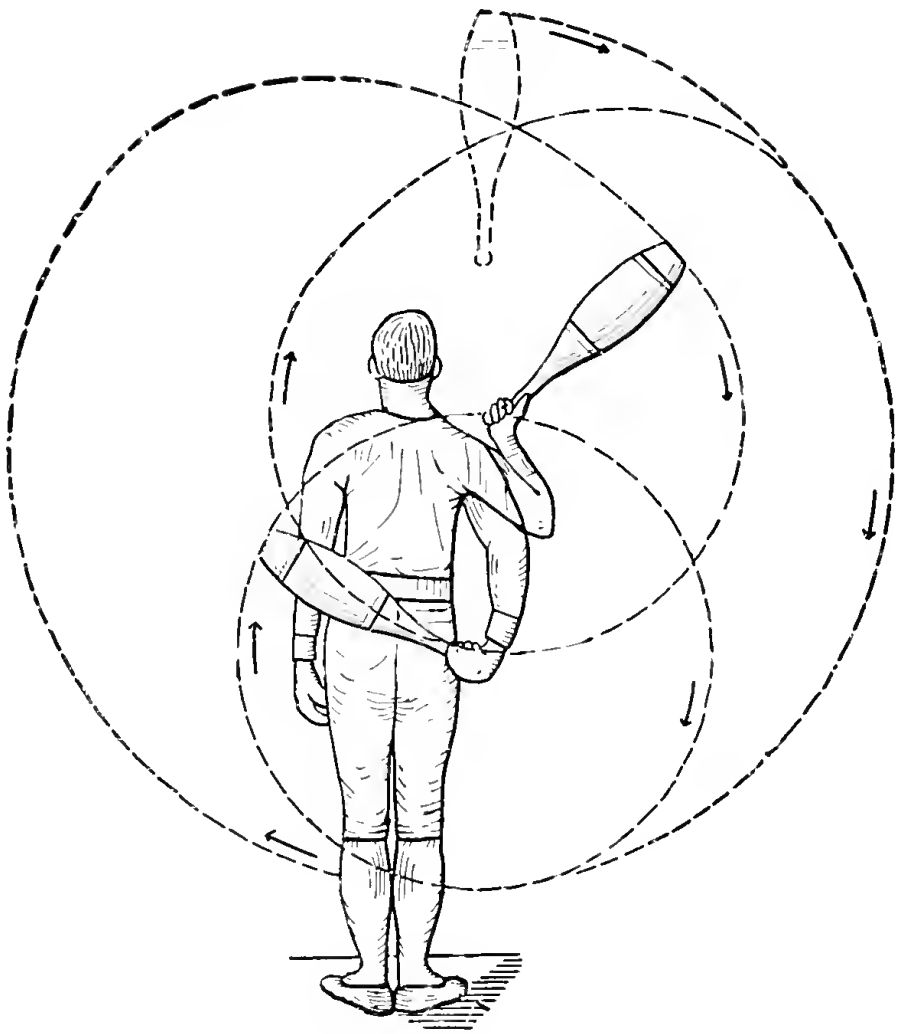
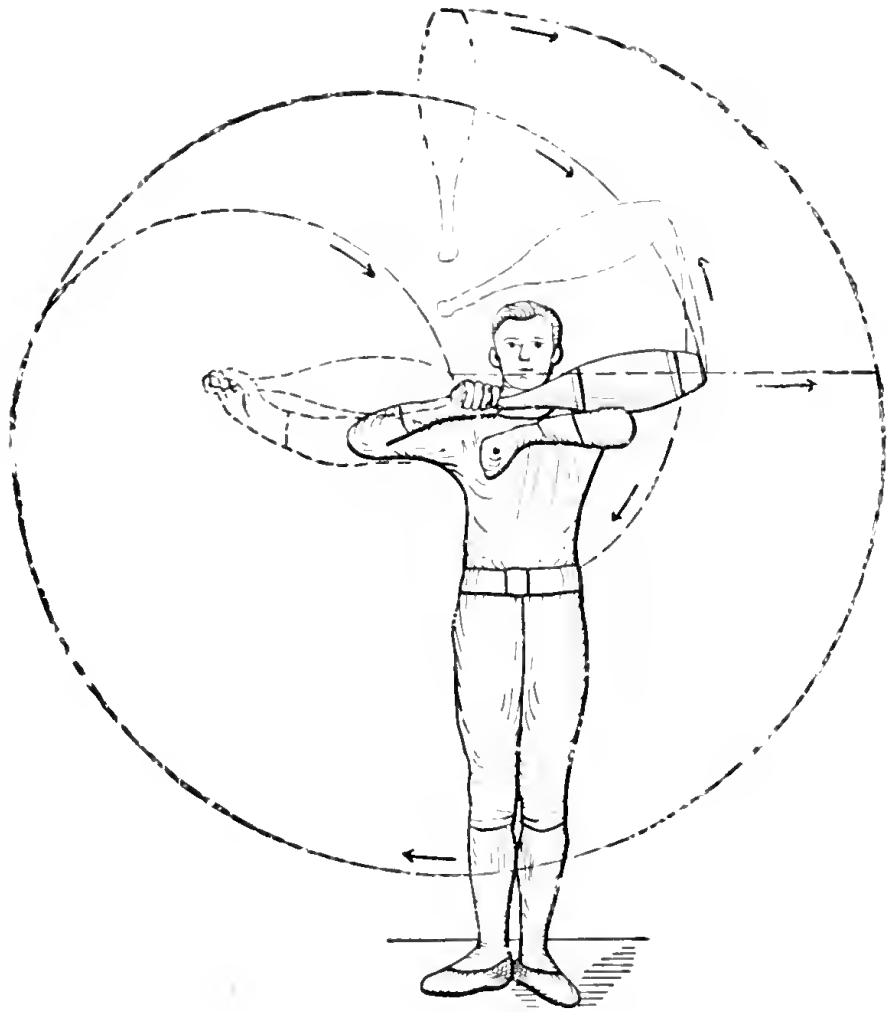


FIG. 21. Illustrates the manner of combining one or more circles into a distinct movement.

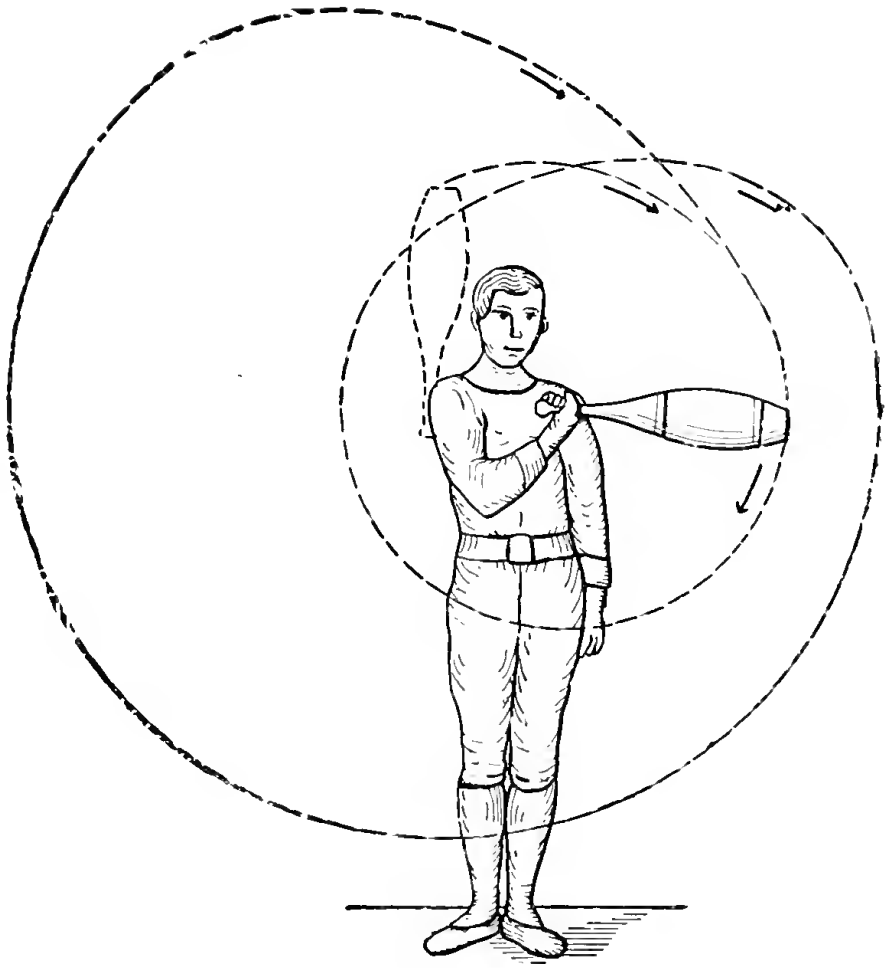
Straighten the arm after each circle.



STOP OR SLAP ON THE ARM. Fig. 22.

In bringing the arm to a horizontal position, allow the club to pass over and drop smartly on the arm and rebound, reversing the circle. Also by crossing the clubs when extended vertically and slapping them on the opposite arms, then throw them up again, reversing the circle, or extend them out to the sides.

Also by throwing them up and dropping them over the head and finishing with an extension movement.



FRONT BENT-ARM CIRCLE.

Bring the shoulder forward, hold the hand in front of the opposite shoulder, turn the palm out carry the club around for a complete circle and finish with a Straight-Arm circle. This circle is made principally by the action of the hand and wrist. Reverse, swinging with the other hand.

The double movements are simply FOUR different ways of combining the single circles.

The circles described comprise all there is to club swinging. When they are thoroughly mastered with either hand so as to be swung either to the right or left, forward or backward and the same diagonal, they can with ingenuity and patience, be formed into an endless variety of beautiful, intricate and difficult evolutions, by combining the circles.

Any number of circles can be formed into one combination by counting while practicing.

In Single Time, count one for the circle of both hands. That is in making a straight-arm PARALLEL Fig. 23, or CROSS movement Fig. 24, count 1, add a bent arm circle, count it 2, viz, 1-2, 1-2, etc.

In Double Time, count one for each circle of each hand. That is, in making a straight-arm FOLLOW movement, Fig. 25, count it 1 and 2, add a bent-arm circle, count it 3 and 4, viz. 1-2-3-4, 1-2-3-4, etc. Always count as many numbers as there are circles in the combination.

The REVERSE movement Fig. 26, can be done either in single or double time,

The best method for learning the double movements is as follows. Hold the clubs in the starting position, go through the movement several times with the right hand, then do the same with the left. Repeat making one circle less with each hand, and continue, making one less each time, until the movement is done once with each hand. Then count the circles and proceed, counting as directed.

When the movements and circles have been mastered sufficiently well to allow it, the interest in the exercise will be increased by arranging a routine of movements so as to have them in groups, with all the changes which are in them, in the order in which they should come, with the easy movements first and the most difficult last.

To become an artistic and graceful performer, it is necessary to do every movement in perfect time and with the greatest precision thus combining grace and elegance. If the club is to be held perpendicular let it be exactly so; if horizontal exactly horizontal Describe all the circles and sweeps squarely to the side or front, and do not swing too fast. Where you can have the benefit of a large mirror, it will be a valuable assistance in exhibiting defects and correcting awkwardness, and it will also assist in developing countless variations and movements. The latter affording an ample field for ingenuity and skill in combination, and with patience and perseverance, the pupil will soon become the master of a beautiful and beneficial accomplishment.

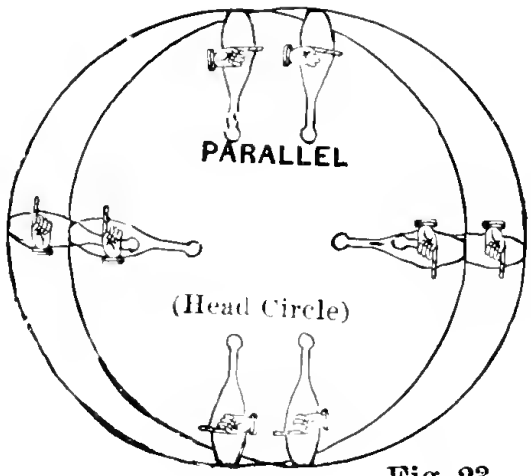


Fig. 23.

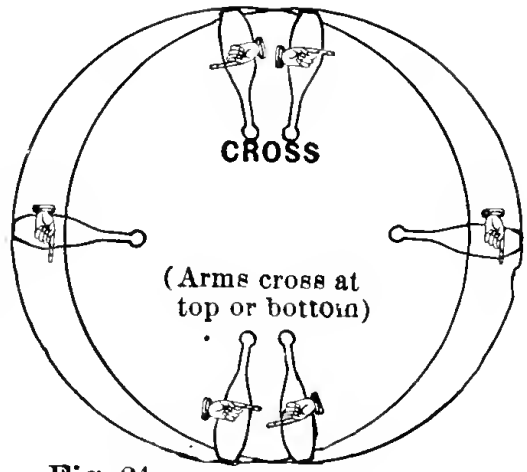


Fig. 24.

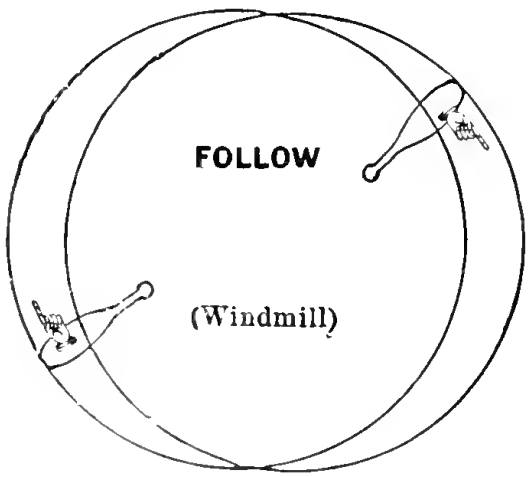


Fig. 25.

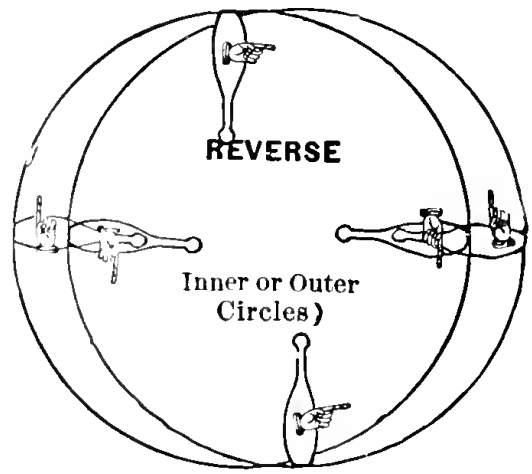
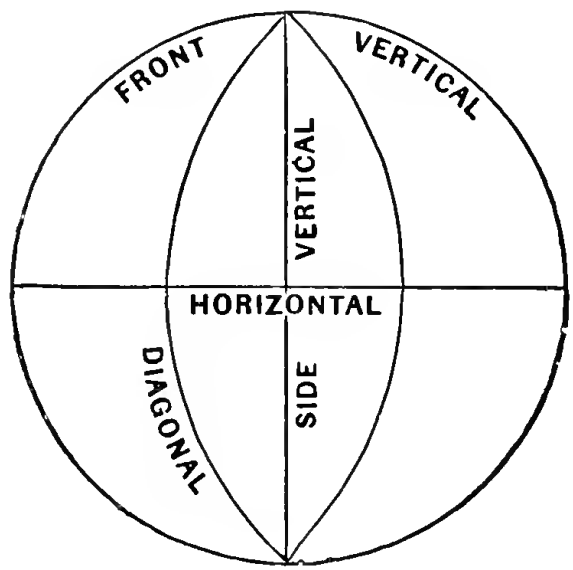


Fig. 26.



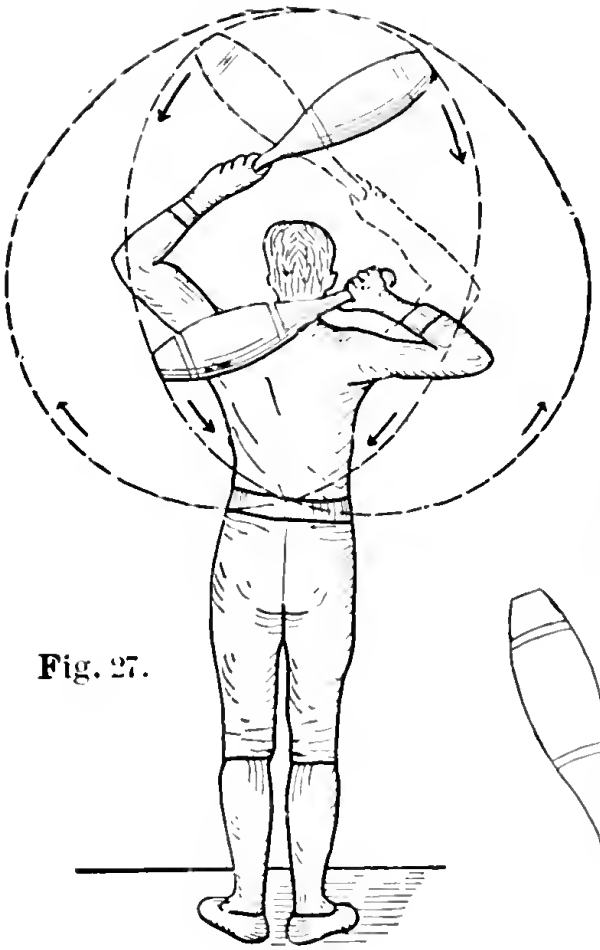


Fig. 27.

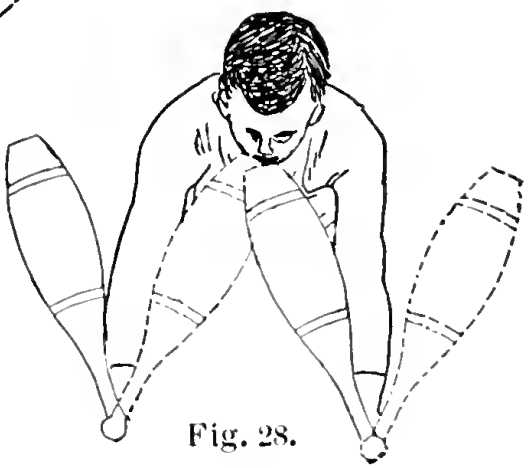


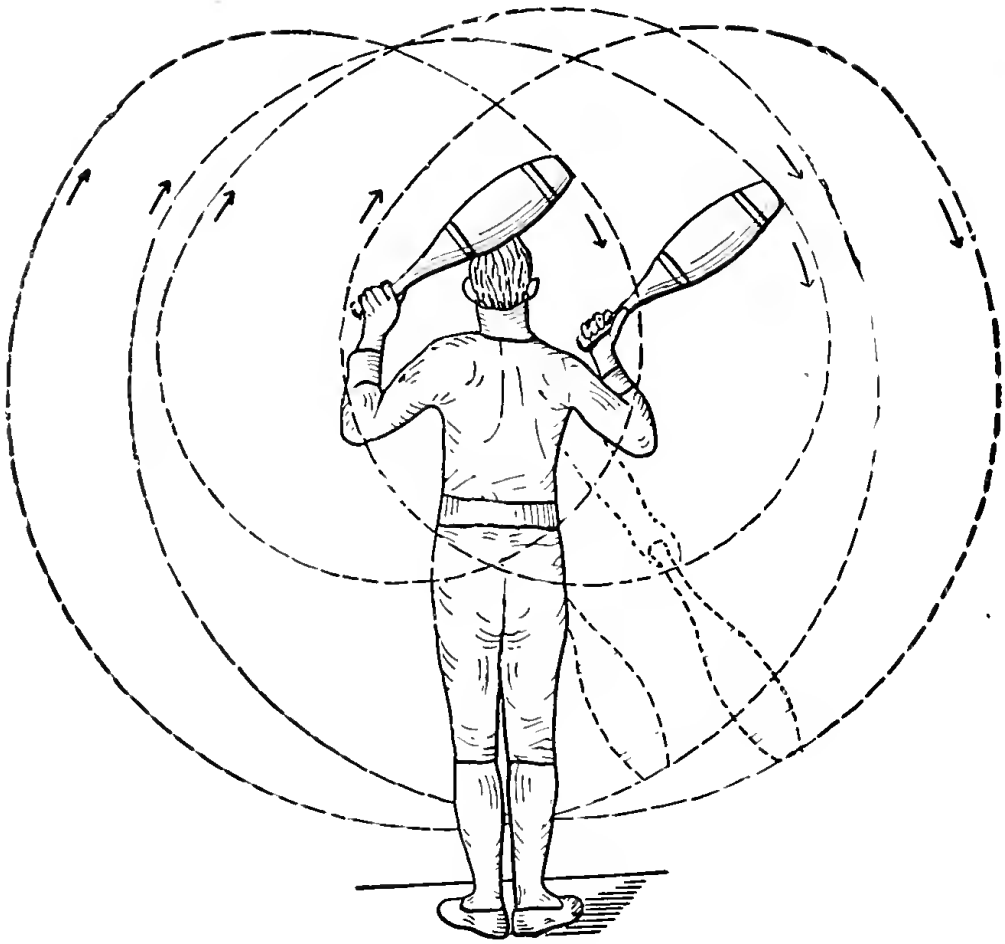
Fig. 28.

DOUBLE BENT-ARM MOVEMENT. Fig. 27.

As an illustration of simplicity of the double movements the figure here shown will be a fair example. The movement shown is a combination of the inner and outer beat-arm circles. By crossing the clubs above the head a Cross movement is made. By swinging one in advance of the other a Reverse movement is executed and by passing them both in the same direction a Parallel movement is the result.

EXTENDED-ARM CIRCLES. Fig. 28.

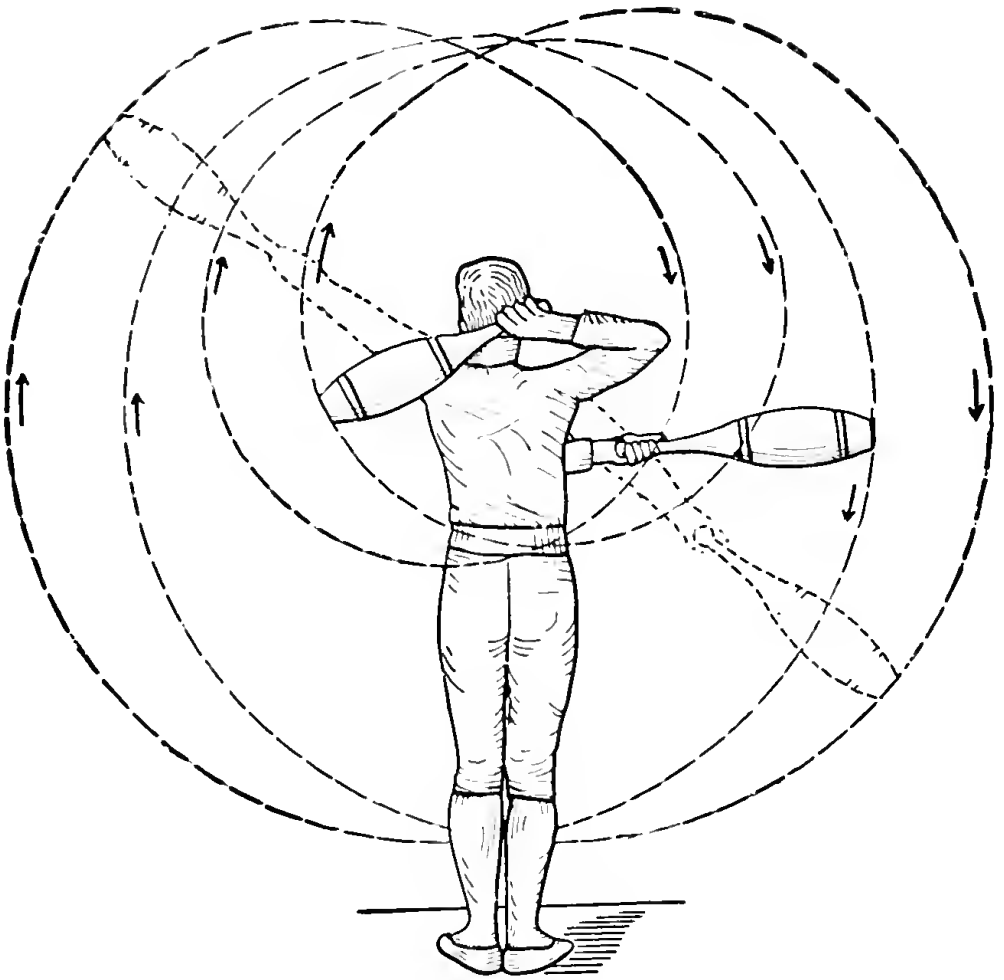
The figure illustrates the manner of doing these circles with two clubs. Swing the clubs 1st. Outside of the arms. 2nd. Inside. 3rd. to the Right of both. 4th. to the Left. Either Forward or Backward. They can be done Parallel, Cross, Follow or Reverse, in Front and at the Side.



PARALLEL MOVEMENT. Fig. 29.

This movement is a combination of the Inner and Outer circles, the clubs moving parallel for a complete circle.

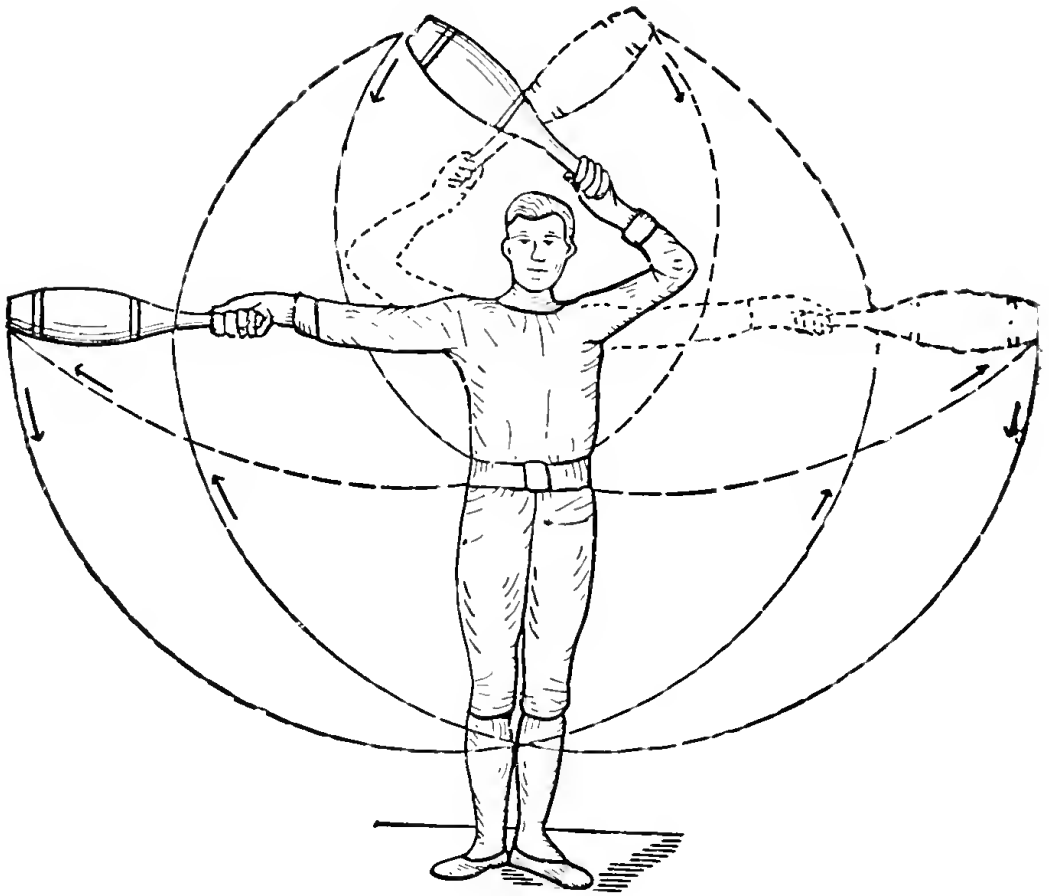
It is of great importance to throughly understand that the descriptions of double movements are not only for the Straight-arm circles, but also for every circle described in the Single circles. They can all be done in the ways described, and any two or more can be combined.



FOLLOW MOVEMENT. Fig. 30.

This movement is the same combination as the Parallel, the clubs following each other like the arms of a windmill, retaining the same relative position for a complete circle.

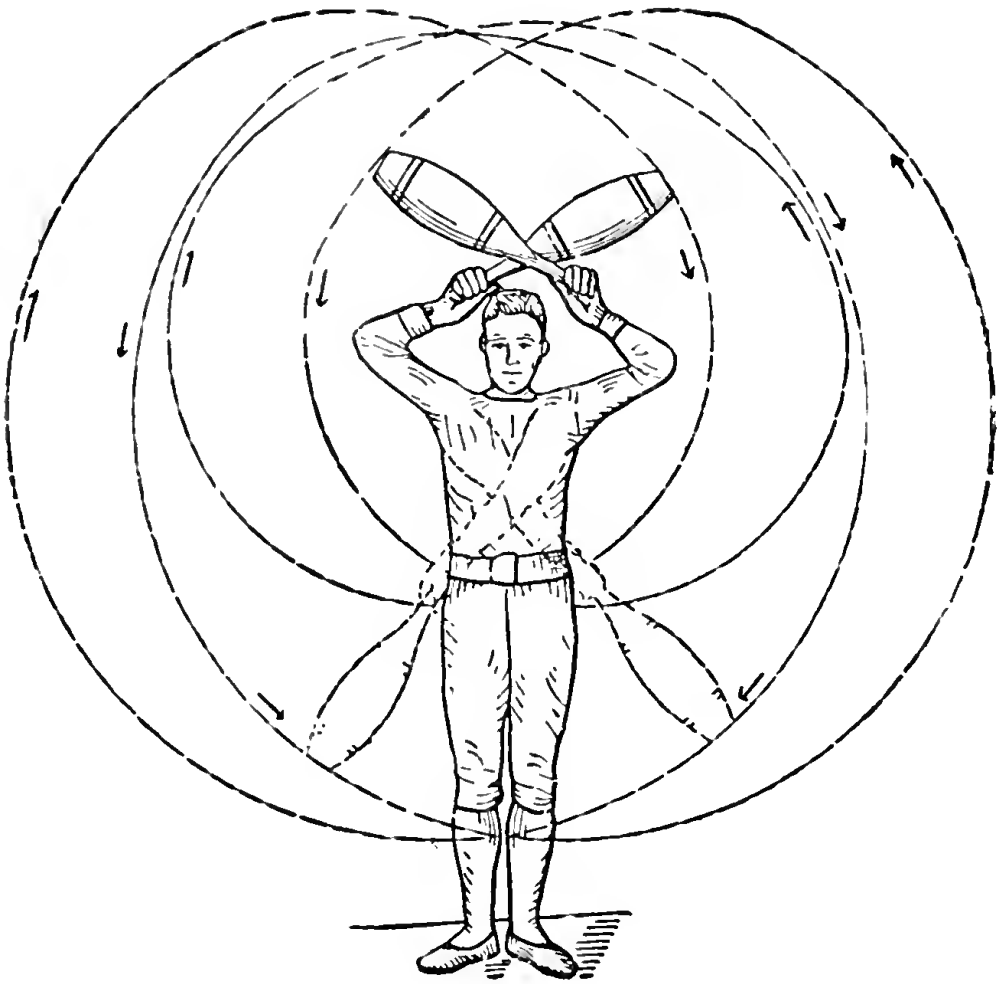
A back circle either upper or lower must be added to allow the clubs to pass each other.



DOUBLE EXTENSION MOVEMENT. Fig. 31.

The double Extension is a combination of half a Straight and half a Bent Arm circle, and can be done Parallel, Cross, Reverse or Follow, it can also be combined with any of the circles by doing the Extension with one club and the circle with the other, arranging the count, to allow the clubs to pass each other without breaking the time.

These combinations of half circles should receive due attention as it is the only way to reverse from Right to Left or to change from one movement to another without breaking the time.

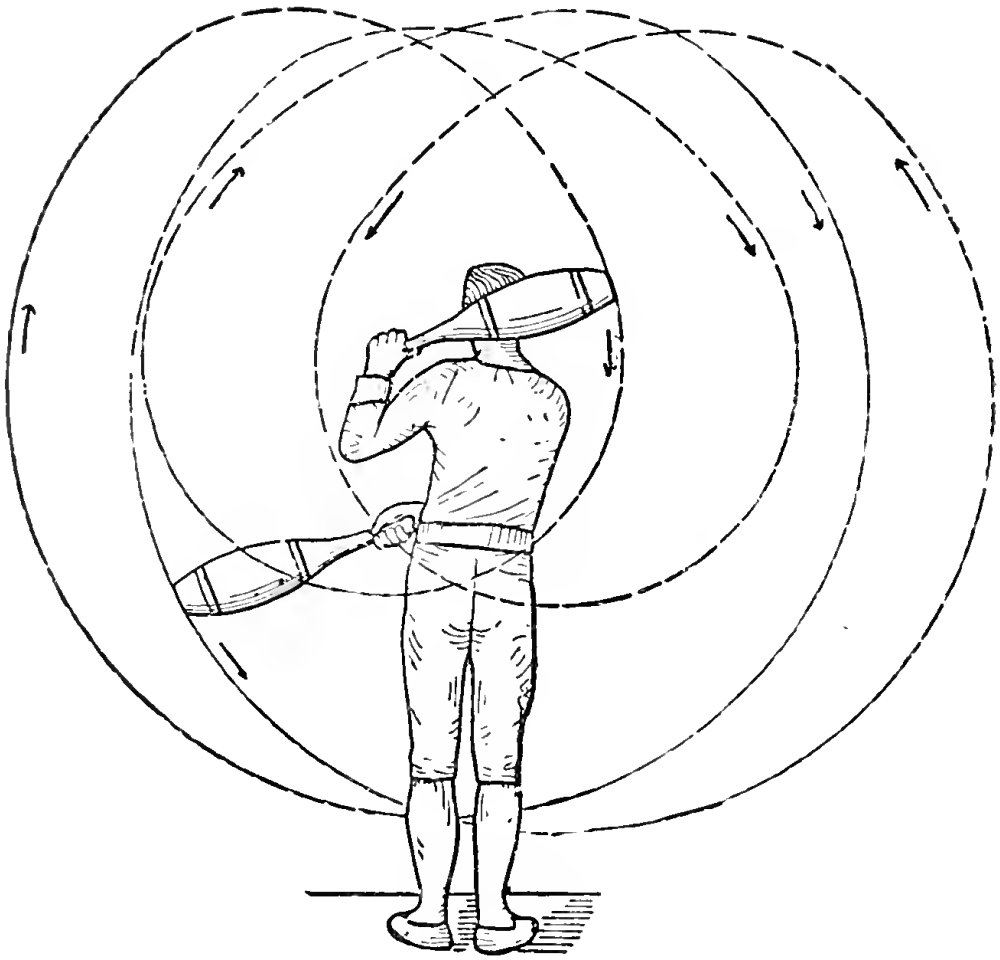


CROSS MOVEMENTS, INNER OR OUTER, FIG. 32.

For the Inner Cross-circles, start by crossing the arms or clubs at the top of the circle and separating them at the bottom, coming together and crossing as before at the top.

For the Outer Cross-circle, start by separating the arms or clubs at the top and crossing them at the bottom.

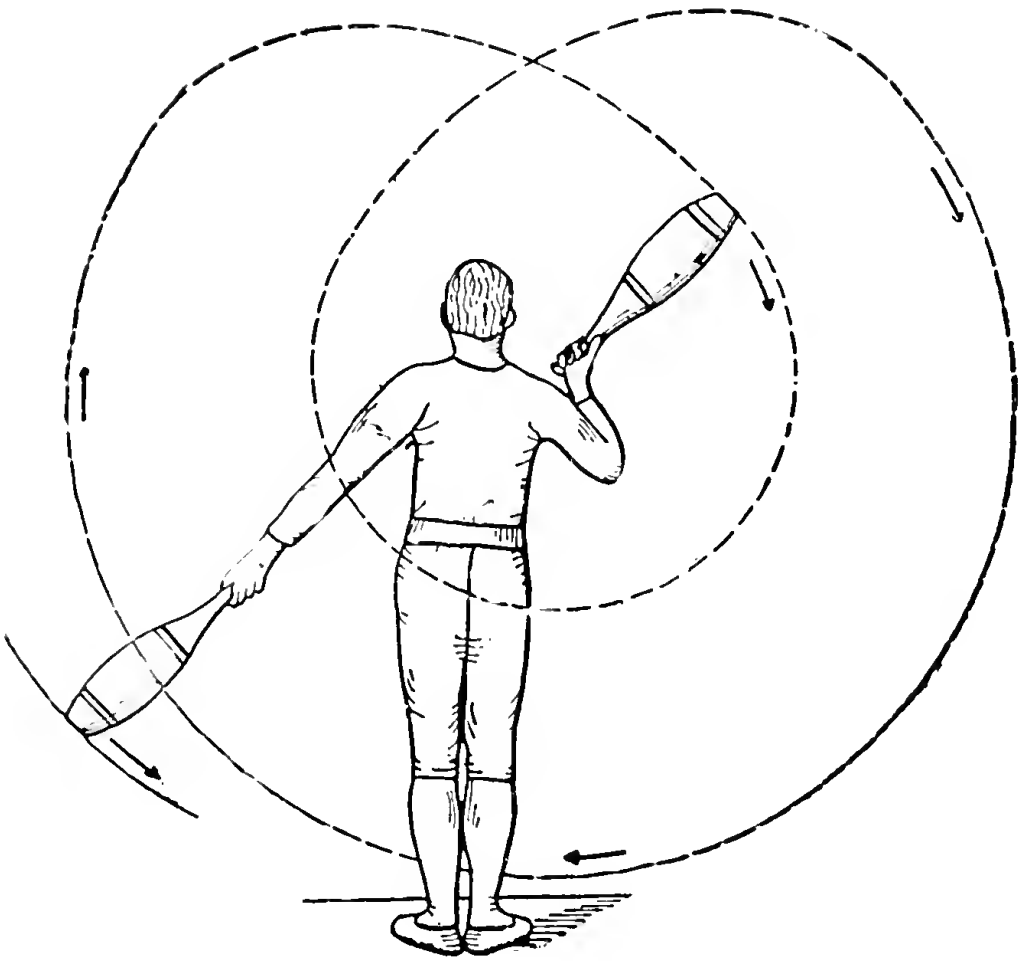
Combined with the Lower Back or Front circles this movement becomes very pretty.



INNER REVERSE MOVEMENT, FIG. 33.

The Inner Reverse movement is the Inner Straight and Bent-Arm circles combined, the arms or clubs crossing and separating at the sides of the circle. Start by swinging one half of a circle with one hand before moving the other, then move both toward each other passing at the outermost part of the circle, repassing at the opposite side.

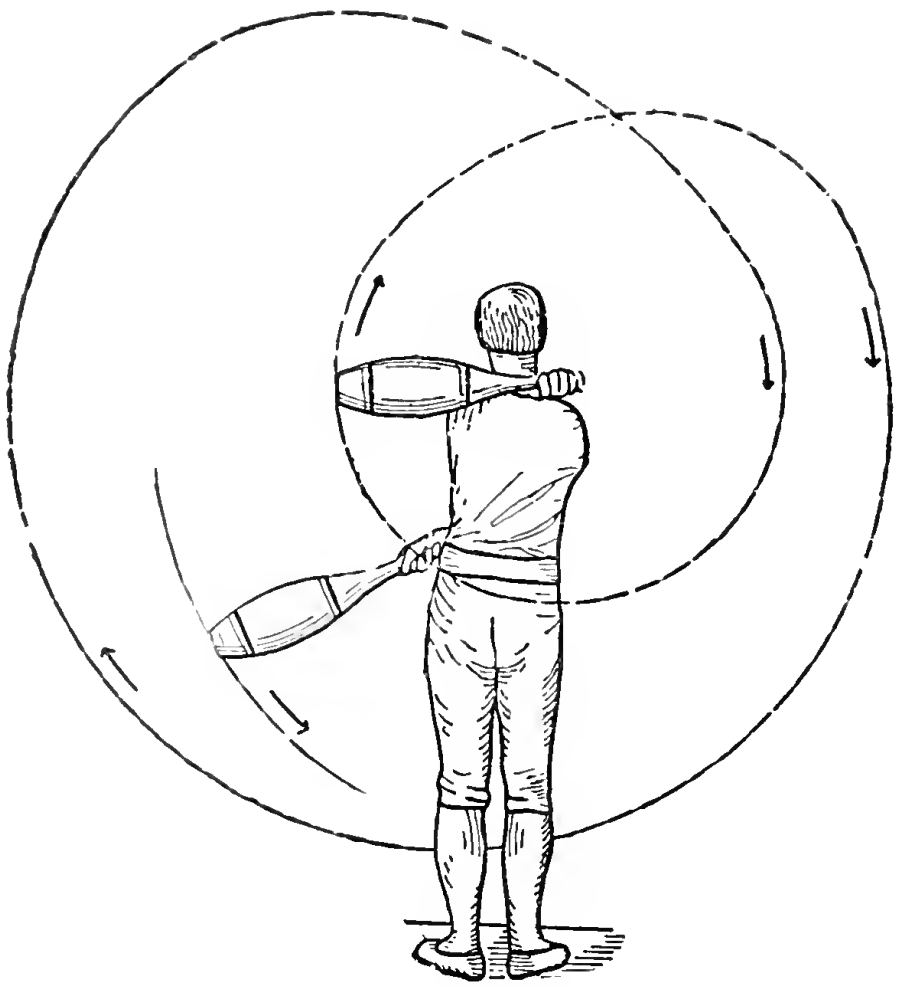
To combine the Stralght and Bent-Arm circles, as in the figure, start both clubs in the opposite directions at the same time, make the right hand club describe a complete Inner Bent-Arm circle, while the left describe an Inner Straight-Arm circle, the clubs regaining the starting position together. Then repeat, making the left hand club describe the Bent-Arm circle and the right the Straight-Arm circle.



OUTER REVERSE MOVEMENT. FIG. 34.

The Outer Reverse movement is the Outer Straight and Bent-Arm circles combined, the arms or clubs crossing and separating at the sides of the circles. Start by swinging one half of a circle with one hand before moving the other, then move both toward each other passing at the outermost part of the circle, repassing at the opposite side.

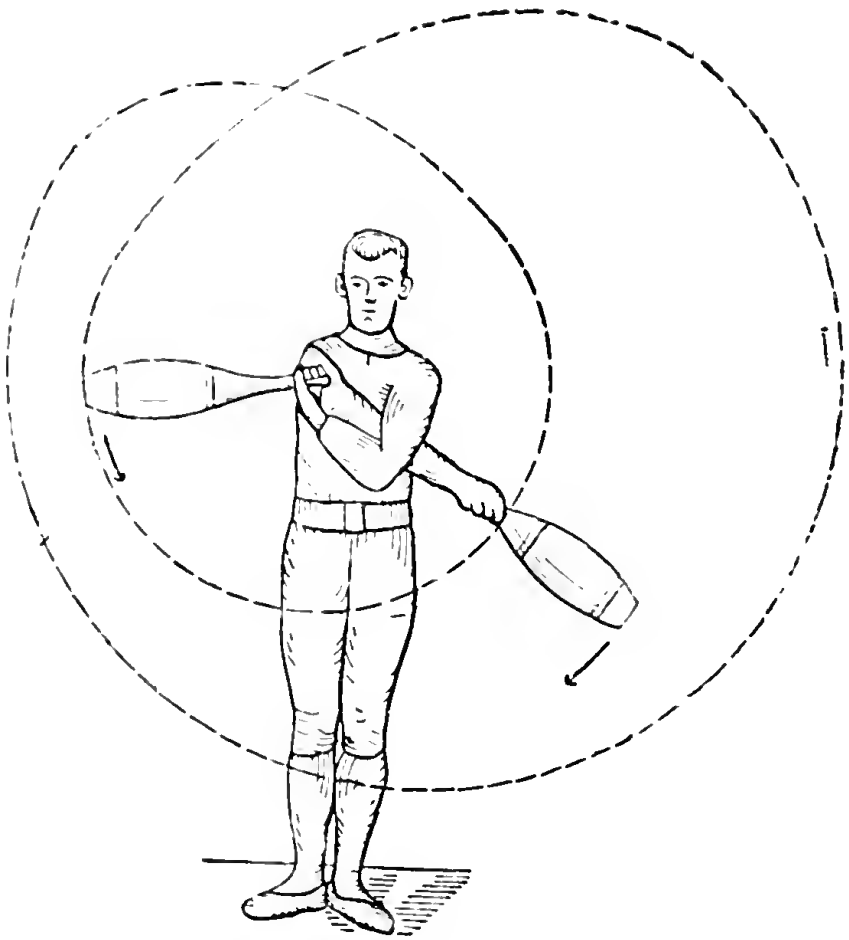
To combine the Straight and Bent-Arm circles, as in the figure, start both clubs in opposite directions at the same time, make the right hand club describe a complete Outer Bent-Arm circle, while the left describes an Outer Straight-Arm circle, the clubs regaining the starting position together. Then repeat, making the left hand club describe the Bent-Arm circle and the right the Straight-Arm circle.



OVER-ARM MOVEMENT. FIG. 35.

This movement is swung the same as the Inner and Outer Reverse movements and the same directions should be followed.

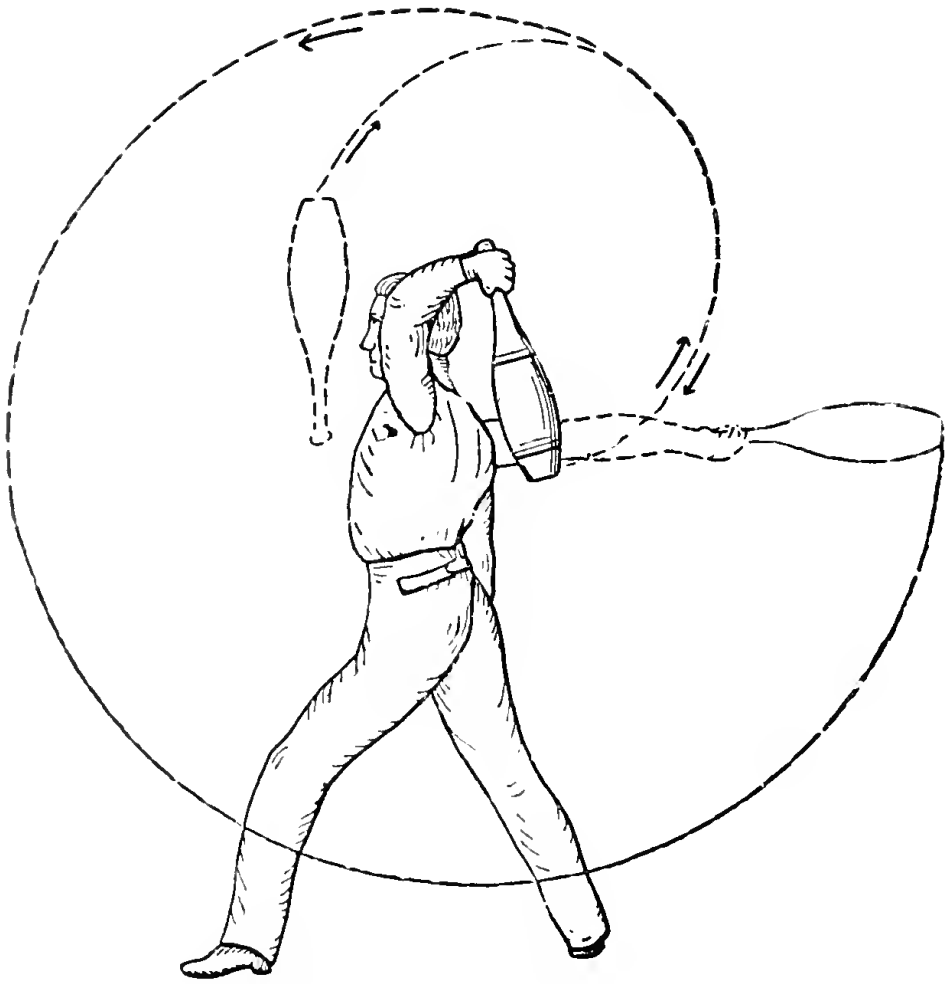
Throw the head well back and extend the arms to their greatest length to allow the clubs to make a graceful circle over the shoulder.



FRONT BENT-ARM MOVEMENT. FIG. 36.

For this movement follow the directions, given for the Inner and Outer reverse circles.

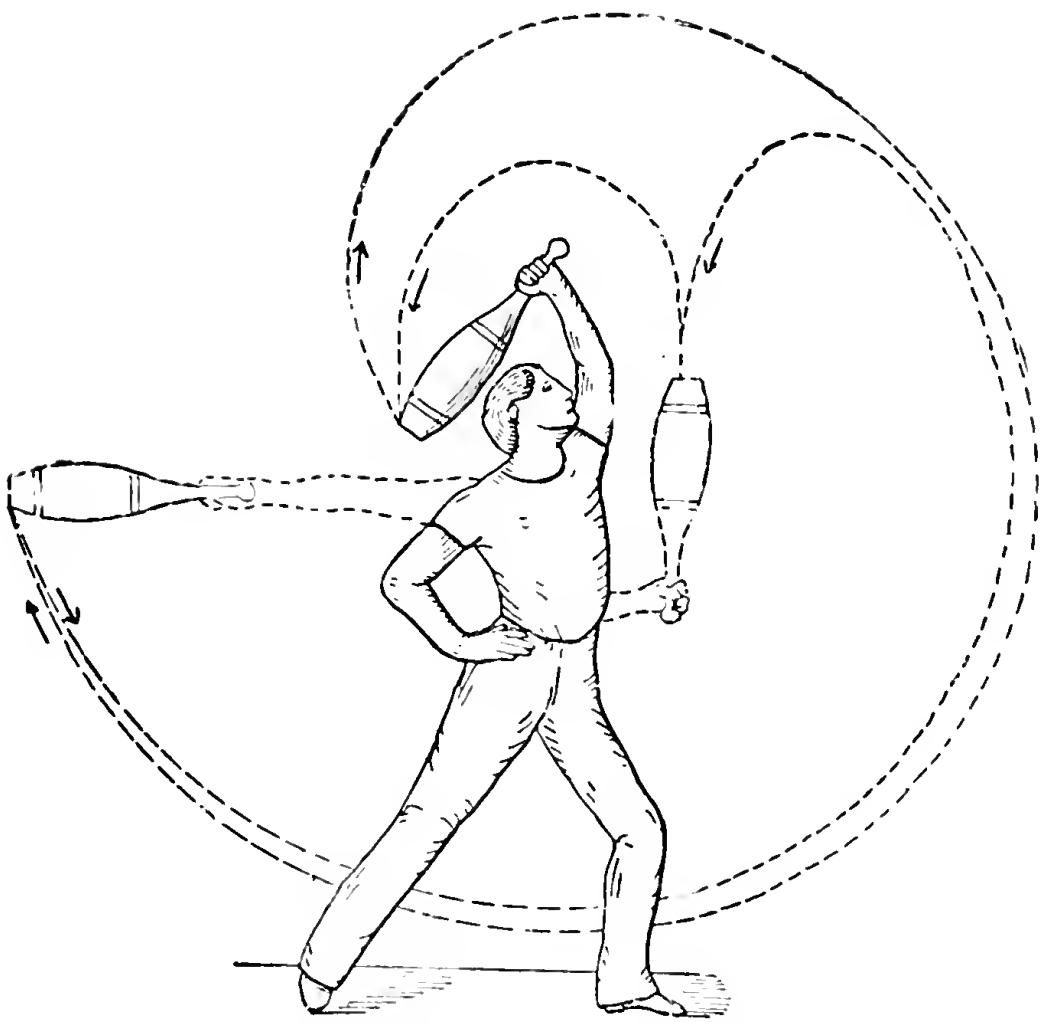
Extend the arms to full length and compress the shoulders forward to allow the necessary action of the arm, making the Bent-Arm circle.



EXERCISE FOR HEAVY CLUB. FIG. 37.

Stand with the feet well braced, as in the figure. From the Starting-Position raise the club and drop it over the head and let it hang behind the back, then reverse the movement passing the club with arms extended, around in front and up to a horizontal position behind the back.

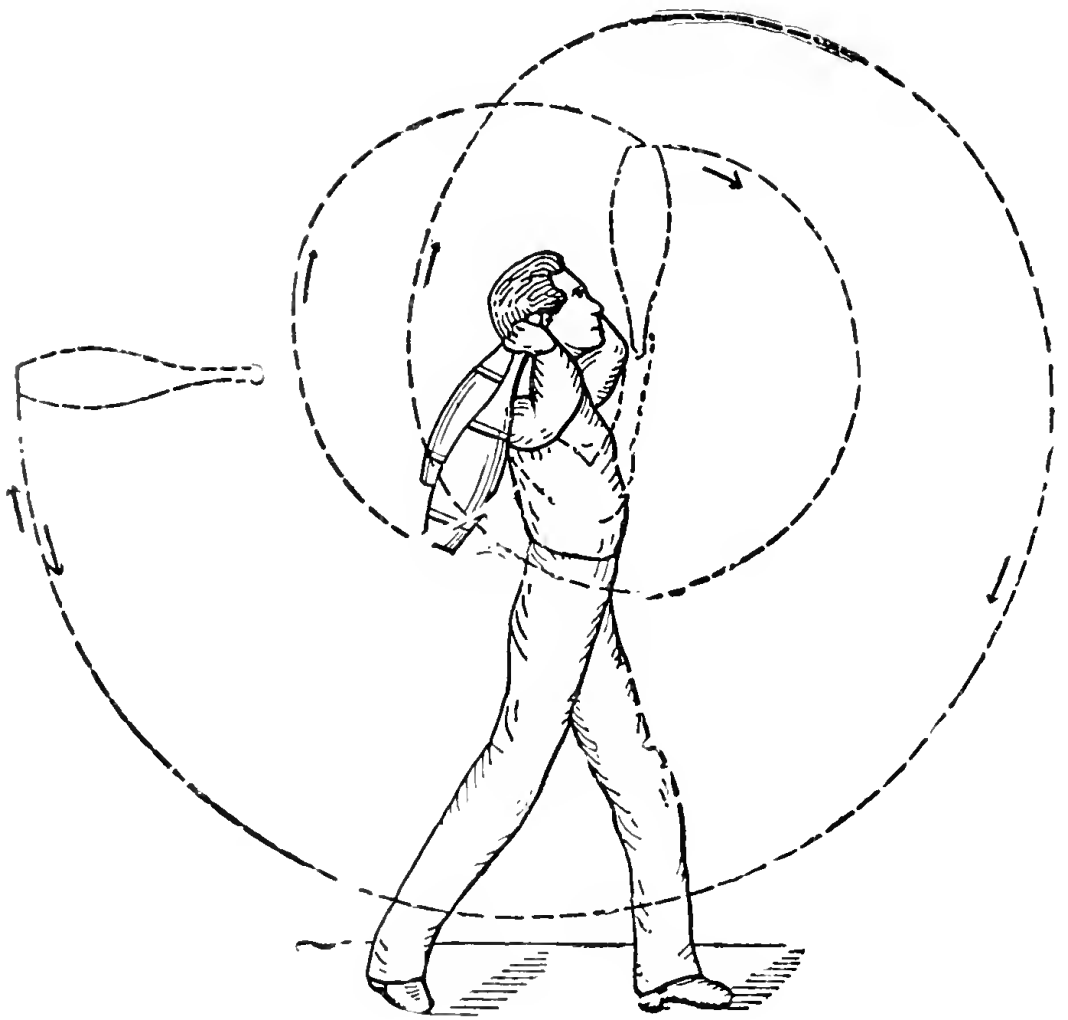
Vary the movement by passing the club to the right or left of the body.



SECOND EXERCISE. Fig. 38.

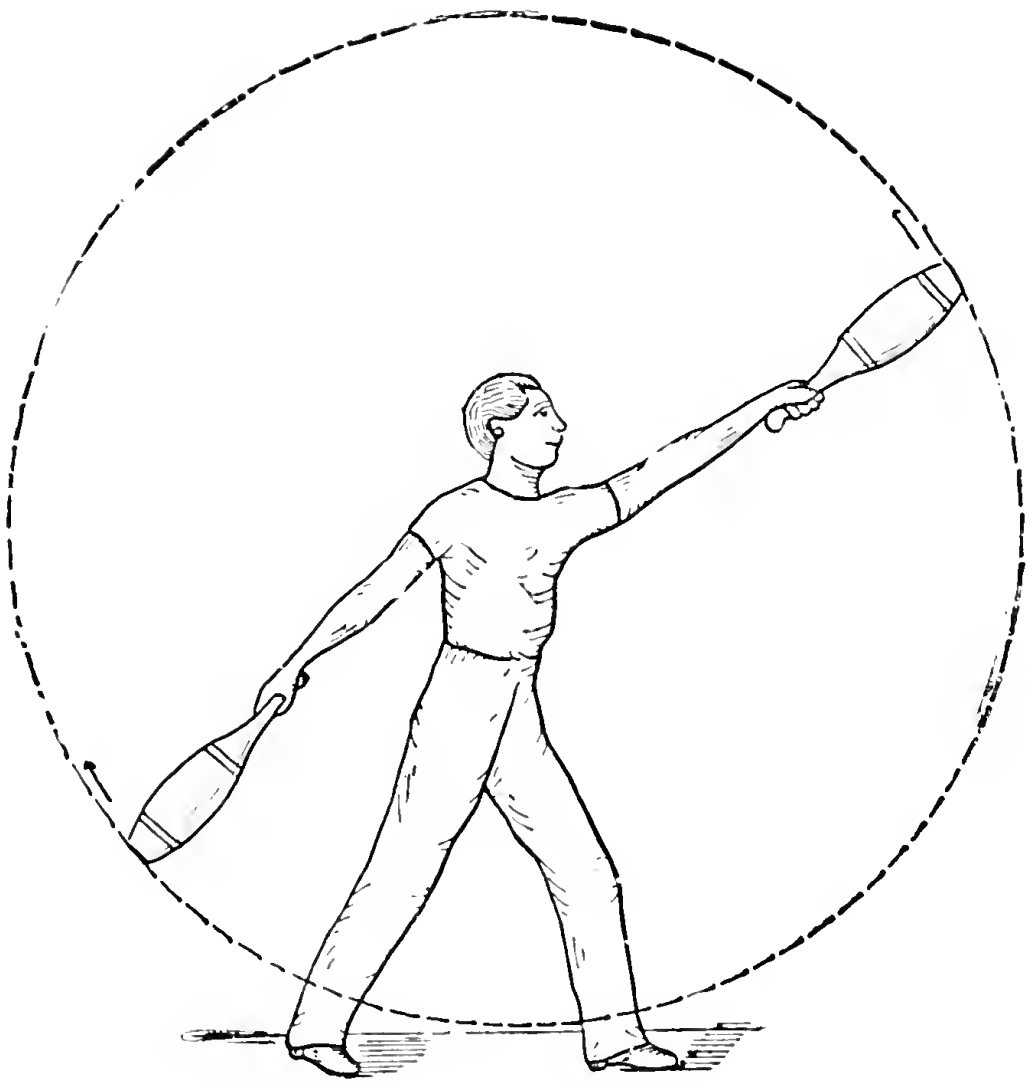
Raise the club, drop it over the shoulder, extend the arm to full length, pass the club in a full sweep in front of the body and as far up behind as possible, then reverse the movement, carrying the club to the Starting-Position before repeating.

The movement over the head should be made principally with the wrist.



THIRD EXERCISE. Fig. 39.

This exercise is similar to the preceding one and for two clubs. Raise the clubs from the Starting-Position, drop them behind the back, bending the arm as much as possible, then return them to the Starting-Position, make a Bent-Arm circle at the side and in finishing it extend the arms and make a full sweep in front, past the side and up behind the back to a horizontal position. Then reverse the movement and return to the Starting-Position.



STRAIGHT-ARM EXERCISE. FIG. 40.

Extend the arm full length, pass the clubs in opposite directions describing full circles. Reverse the movement. Vary the movements by swinging both clubs in the same direction but having them at opposite sides of the circle.

Turn the body from side to side to assist the movement of the arms.

DUMB BELL EXERCISE.

The dumb bell has been used in this country so generally that it has come to be regarded as indispensable to proper development.

Its weight and substance are apparent on a casual inspection but its wonderful influence on all branches of training is only fully understood by the initiated.

Its exercises give fair employment to all parts of the body and to both sides equally.

If the muscles in the left side and arm of the beginner are much weaker than the others, as is almost invariably the case, additional attention to the left hand exercises will soon equalise matters.

In purchasing dumb bells the same precautions should be taken as advised for Indian clubs. Except the beginner is unusually robust he cannot get them too light. They may be replaced by heavier ones as he progresses in expertness and strength.

The modern wooden bells are more generally recommended than metal ones as they are not so chilly to the touch or noisy in contact with each other or on the floor.

The various positions and movements in which the bells may be used are directly and powerfully conducive to erectness of carriage and freedom of limb.

In exercising, keep the head up, and breathe deep and full, allowing the chest to expand to the utmost. The time to take a full breath is when the muscles are relaxed.

The only drawback to the universal popularity and adoption of dumb bells as a means of exercise confronts almost every beginner, not only in the privacy of his room but in the majority of gymnasiums where the instructor is not thoroughly conversant with the rudiments.

The writer can recall numberless instances, where a youth started practicing with dumb bells at home or in some slovenly conducted gymnasium. The method, or, rather, lack of method, was to plug away with rapidly waning energy for a couple of weeks at a few uncouth motions he had either conceived or heard were the proper thing. At this stage the wearisome monotony of the daily grind

became unbearable and he dropped the bells permanently in disenchanted disgust.

This difficulty can be easi y avoided by beginning properly with the simplest movements. The first few of these thoroughly mastered and committed to memory lead him on by agreeable gradations into the more complicated motions, and his enthusiasm develops in proportion with his muscles.

To lay the foundation for a proper course of exercises effectively undivided attention should first be given to the practice of a series of motions without the bells. They are almost indispensable to a thorough enjoyment of the bell exercises at a later stage and are besides very attractive and beneficial in themselves.

Indeed so permanent is their fascination, that while empty headed and callow youths ignore them as childish, accomplished gymnasts and muscular prodigies such as Prof. George Goldie, New York Athletic Club, and President W. B. Curtis, of the Metropolitan Association, rarely turn out to their daily avocations without going through the whole series with undimmed enthusiasm and belief in their efficacy.

They are here appended in such simplified form that the point may be taken at a glance.

Marginal key words are given in italics to catch the eye and assist the memory.

Place the book open at this page on a rest within range of your eyes, take a mark on the floor or carpet as a guide line and go ahead.

If you have a roommate or convenient companion of similar tastes, you might coach each other in turn from the book and establish a mutual benefit association on which you can draw for life.

FIRST PRACTICE.

Attention.—Position of attention, the toes to the line.

Step to the rear.—Make a full step to the rear with the left foot, the right following.

Step to the front.—Resume the first position.

Step to the rear.—As before.

Left foot forward.—1. Pass hands to the rear across small of back grasping the right arm just above the elbow, with the right hand supporting the left arm under the elbow. 2. Make a half face to the right, by turning on the heels, so that the back of the left heel touches inside of the right, and the left foot is pointed straight to the front. 3. Make a full step to the front with the left foot, the right remaining firm and flat on the ground, the knee braced well

back, the hip pressed forward, the head upright, the chest advanced, shoulders flat, the eyes directed to the front.

Recover.—Bring the left foot back to the right.

Right foot forward.—1. Face to the left, the right foot pointed to the front.

2. Step out with the right foot as with the left foot forward.

Recover.—Bring the right foot back to the left.

Step to the front.—1. Make a half face to the right and bring the hands down by the sides to the full extension of the arms.

2. Step to the front, resuming the first position at the line.

Stand at ease.—Draw back the right foot six inches, placing the hollow of it against the left heel, bringing the weight of the body upon the right leg, the left knee a little bent. Bring the hands together in front of the body, striking the palms smartly together and slipping the palm of the right hand over the back of the left, chest advanced and eyes directed to the front.

Attention.—Position of attention the toes at the line.

Astride.—Place the left foot ten inches on the left of the line, toes pointed to the front and slightly turned outwards, the right following at the same distance on the right, the knees slightly bent, arms hanging straight by the sides.

Ready.—Bend the knees until they jut over the toes keeping the heels on the ground at the same time. Stoop from the waist and bring both hands to the centre of the line, the hands closed and together, the thumbs together, knuckles to the ground.

Up.—Straighten the back and lower limbs. At the same time bring the hands close up by the sides and carry them to the full extension of the arms above the shoulders. This extension may be repeated six times.

Halt.—Lower the hands to the sides and come to the position of attention behind the line.

Step to the rear.—As before.

Step to the right.—Make a full step to the right front at the angle at which the toes are pointed from the position of attention, the left following.

Step to the left.—1. Make a half face to the left.

2. Make a full step to the left with the left foot, the right remaining flat and firm on the ground the knee braced back and at the instant that the foot meets the ground let the left hand grasp the thigh just above the knee, the thumb inside, the fingers outside, the lower part of the leg and left arm forming a straight and continuous

line from foot to shoulder, the right arm remaining extended in the line of the right leg.

Face to the right.—Turn on the heels facing to the right reversing the position of both lower and upper limbs.

BELL EXERCISES.

Having become thoroughly familiarised with the foregoing, take your dumb bells, place them on the line and come to attention with your toes touching them.

EXERCISE I.

Step to the rear.—As in first practice.

Left foot forward.—Make a half face to the right and step to the front with the left foot as in first practice, the left hand grasping the thigh just above the knee as the foot comes to the ground, the right arm extended in the line of the right leg.

Right hand.—Seize the bell with the right hand the lower limbs remaining in position.

Up.—Raise the bell above the shoulder bending the arm during the ascent to the full extension of the arm leaning strongly on the left knee and pressing the chest to the front during the ascent of the bell.

In this position the left leg to the knee and the left arm should form one continuous line from foot to shoulder.

Down.—Lower the bell, replace it on the line and recover as in first practice.

Right foot forward.—As in first practice and go through previous motion with bell in left hand and recover.

EXERCISE II.

Left foot forward.—As before.

Both hands.—Seize a bell in each hand, arms passing on either side of the knee.

Up.—Raise the bells above the shoulders, bending the arms during the ascent to their full extension, keeping the left knee bent and pressing the chest to the front during the ascent of the bells.

Down.—Bring the bells straight down by the sides, replace them on the mark and recover.

Right foot forward.—And repeat previous motions.

EXERCISE III.

Left foot forward.—As before.

Recovering right hand.—Seize bell in right hand.

Up.—Recover and at same time elevate the bell above the shoulder to full extension of the arm.

Left foot forward.—Step to the front with the left foot, retaining the bell at the elevation above the shoulder and pressing the chest to the front.

Down.—As before, then advance right foot forward and repeat previous motions.

EXERCISE IV.

Left foot forward.—As before.

Recovering both hands.—Seize the bells as in exercise II.

Up.—Recover and at same time raise both bells above the shoulders to full extension of arms.

Left foot forward.—As before, retaining bells at the elevation.

Down.—As before, and recover.

Right foot forward.—As before, and repeat previous motions.

EXERCISE V.

Step to the front.—As in first practice.

Astride.—As in first practice.

Up and down, ready.—As in first practice, stoop from the waist and seize the bells.

Up and down, up.—The action and position of the ascent as in first practice, carrying the bells above the shoulders.

Down.—Lower the bells, letting them swing to the rear between the legs.

Halt.—Replace the bells on the mark and resume the position of attention.

Step to the rear.—As before.

As you advance in proficiency and strength, either or all of the foregoing exercises may be repeated up to six times. Always begin and end, however, with the performance of those moderate and gentle movements which nearest approach the ordinary motions of your every day life. Abruptness in beginning or ending severe exercise is injurious.

A SIMPLER SERIES.

For any one whose lower limbs are sufficiently exercised in his daily avocations, the following exercises are generally considered adequate. They have not the grace, attractiveness and variety of the preceding ones.

With busy men, however, they are likely to continue more popular as they occupy less time and attention.

Each motion described is illustrated by a cut, which makes it clear to the veriest novice.

Persons in going through these exercises should remember that by turning the hands they are exercising the muscles of the arm and shoulder differently, and that when the arm is raised its uppermost muscles are doing the work.

It would be also well to glance first, over the preliminary instructions for the other exercises, as to attitude and breathing.

FIG. 1. Hold the bells at the side with the arms pendant. Draw the bells up to the arm pits, turning the wrist as far in as possible. Repeat this and all other movements until fatigued.

FIG. 2. Hold the arms horizontally in front, pass them back on a line with the shoulders as far as possible, crossing the arms in returning.

FIG. 3. Raise the bell from the pendant position to a line with the shoulders, turn the palm out and extend the arm vertically. Reverse the movement, resuming the first position.

FIG. 4. Keep the arms straight and swing the bells over the head and as far back as possible, then reverse the direction and swing the arms down past the sides and up behind the back.

FIG. 5. Hold the arms at the side, swing the bells out and up striking them together over the head. Vary the movement by swinging one bell up and the other down.

FIG. 6. Stand erect, holding the bells at the chest. Step out to the side as far as possible, at the same time extending the arms horizontally. Regain the first position and repeat the movement on the opposite side. Vary the movement by stepping to the front and rear.

FIG. 7. Stand with the legs well spread, extend the arms vertically, bend back as far as possible, then swing the bells down and as far between the legs as possible and up again.

FIG. 8. Bend the legs and keep the back straight, touch the bells to the floor, straighten up and extend the arms high above the head standing on tip toe.

FIG. 9. Stand with the arms extended over the head, bend gradually down, as far as you can, keeping the arms extended, then slowly resume the upright position and bend to the other side in the same manner.

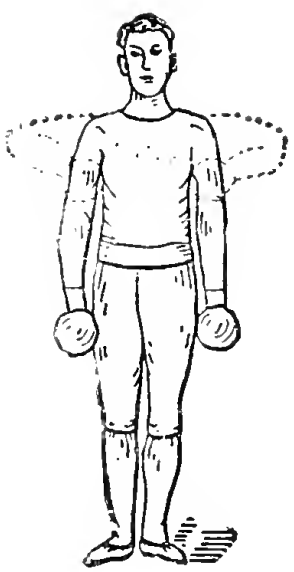


Fig. 1.

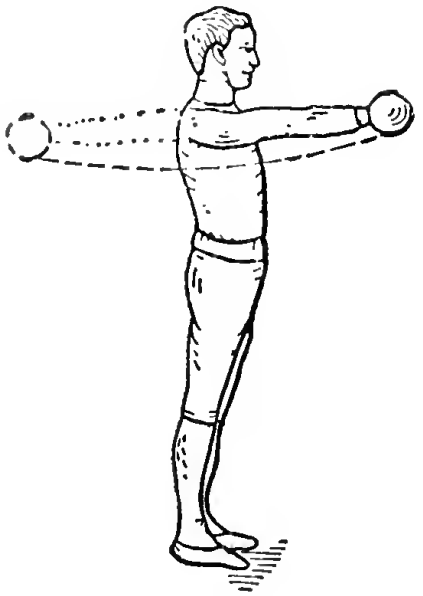


Fig. 2.

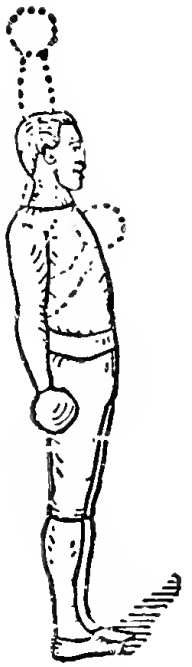


Fig. 3.

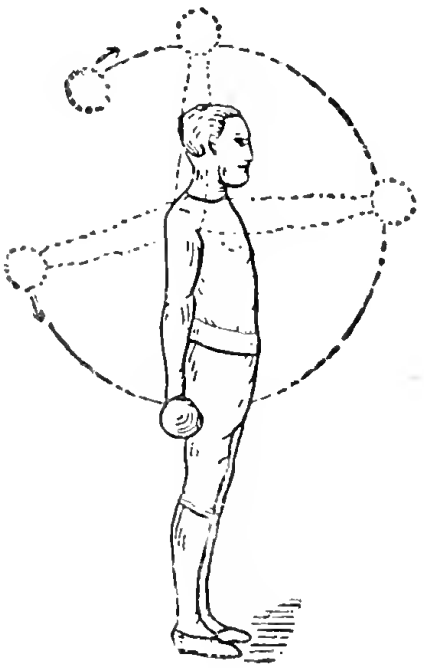


Fig. 4.

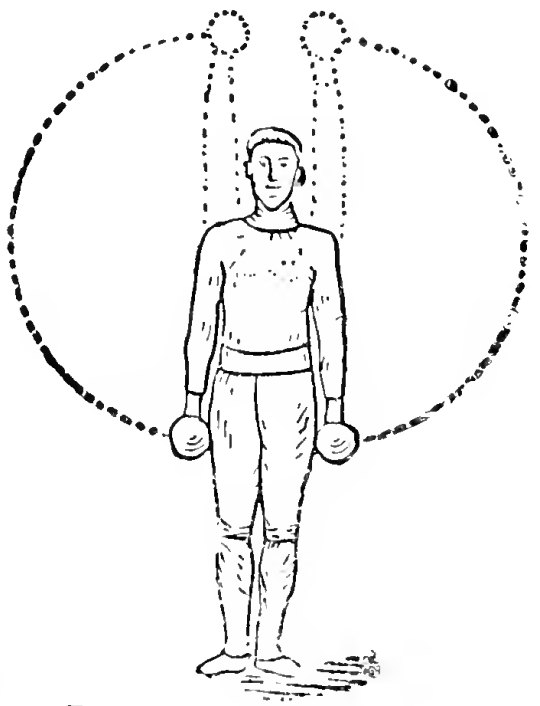


Fig. 5.

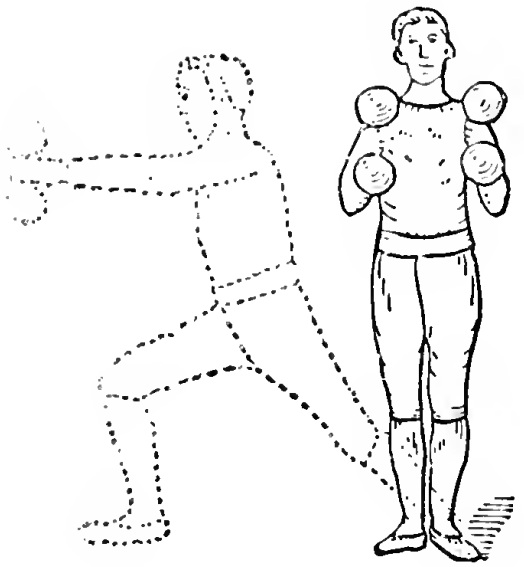


Fig. 6.

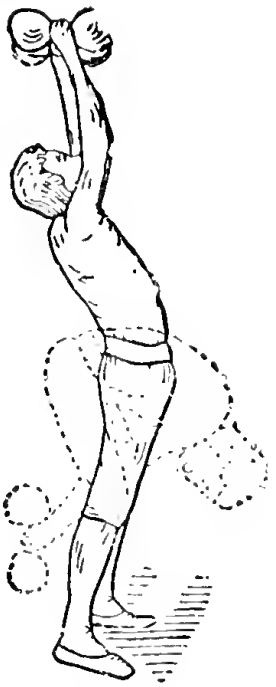


Fig. 7.

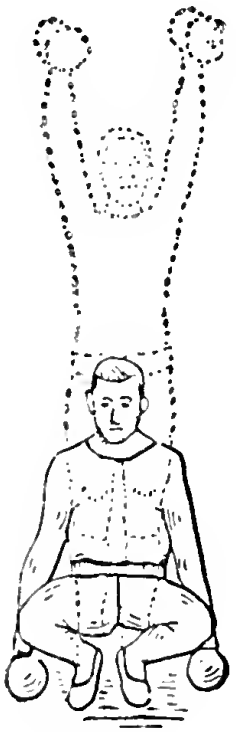


Fig. 8

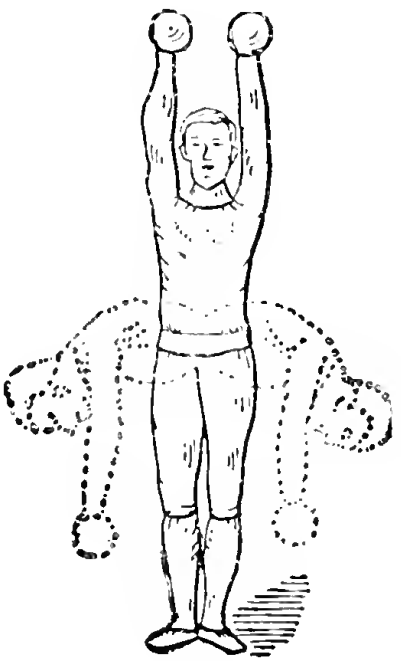


Fig. 9.

SPECIAL EXERCISES.

To improve the biceps.—Stand erect with arms well into sides and feet planted firmly about nine inches apart.

Curl dumb bells until finger nails come in contact with front of shoulder. Bring the finger nails towards you turning the hands inward as you raise the bell above elbow. You can vary this motion in several ways which will suggest themselves after a few experiments.

Muscles back of arm and shoulders.—Stand with body erect, step forward with each foot in turn and pass the bells as far as you can stretch behind you with backs of hands upward. You can vary this motion also. Another method is to stretch face downwards on a mat or form and pass the bells backward in same manner.

Forearms.—Press elbows to side and bring up lower arms at right angles to body. Then curl the hands with and without the bells without bringing the elbow or any muscle above it into play. Continue until you feel the muscles sufficiently tested.

Chest development.—The method most generally advocated for improving the chest muscles is to stretch on your back on a rug or form. 1. Pick up bells and push them up vertically at right angles with the body, the bells touching. Then open the arms quietly and gradually drop the hands until back of them touches the floor on each side.

2. Lower the arms from their vertical position until the ends of the bells touch the floor as far directly behind your head as you can reach.

Then bring the hands back slowly to their vertical position over the chest. This exercise may be varied by letting the hands drop forward until the ends of the bells touch the floor on each side close to the hips.

The hands may alternate in this movement in various ways.

3. Extend arms at full length behind head with backs of hands resting on floor. Then lift sufficiently to clear the arms and describe a downward semi-circle with each until the bells touch the hips. Repeat in moderation.

4. Starting from previous position, describe a complete circle with each hand, reversing the course of the bells at intervals.

5. Let one arm touch the floor, fully extended at right angles with body; then extend the other arm across the body in same direction as far as possible, without turning off back. Alternate the arms frequently.

AMATEUR CHAMPIONS.

The Amateur Athletic Union annually holds a gymnastic championship tournament in which club-swinging forms one of the most interesting features. The rules which apply to this event are:

1. The competition shall be conducted by a jury composed of three judges, whose decisions shall be final and without appeal.

2. The judges must place themselves upon both sides of the contestants, in order to observe their general form.

3. The contestants shall draw lots and then perform in rotation.

4. Each competitor shall perform three exercises of his own selection or combination.

5. Except in case of accident to the apparatus, no second trials shall be allowed.

6. The judges shall mark, each for himself, in a ratio to five points for a perfect performance, taking into consideration: 1. The difficulty of the exercise. 2. The beauty of the combination and its execution. 3. The general form of the contestant.

7. The winner of the competition shall be the one having obtained the highest aggregate number of points, next highest second, and so on.

Clubs weighing three pounds each shall be used and each contestant be allowed five minutes for a performance.

Useful Hints.

If during your first week your muscles feel sore, use arnica; and if a joint be particularly sensitive, it may be wrapped in a cloth saturated with arnica and surrounded by a thick flannel wrapper which should be allowed to remain during the night. This will very soon relieve any soreness which the unwonted exercise may produce.

Cleansing the skin by a copious bath of one kind or another every day is an absolute necessity to perfect and vigorous health. Water is accessible to everybody and is about the only luxury that cannot be used to excess.

One who has not access to a bath room can at least use a sponge liberally morning and night.

A very feasible method of securing a substitute for a bath is suggested by a Boston professor of physical culture. His plan is:

Procure a bathing mat, or make one by sewing a rope into a piece of rubber cloth four or five feet in diameter. On springing out of bed spread this mat on the floor close to your wash basin, which should contain three or four quarts of water. Standing in the center of the mat with bathing mittens on (these are simply little bags made of an old towel), dip into the bowl and apply the water rapidly to every part of the body. The bathing mittens will carry from the wash bowl to your body considerable water. Apply it liberally to the chest, back and arms, and to every part of the body as rapidly as your hands can move. Then, first with a soft towel, and then with a rough one, wipe the body quickly, and with that vigor and earnestness which men display in wrestling or boxing. The feet should receive hard friction, and for a moment, standing with the soles upon a seam in the carpet, twist them from side to side while they sustain the weight of the body. Nothing will warm them so quickly, while the heat will continue for some time.

It should also be borne in mind that daily ablutions, even on the liberal scale pointed out, do not reduce the necessity of a thorough scrubbing in a warm bath once a wee

SPALDING GOLD MEDAL INDIAN CLUBS

Model, material and finish are as perfect as the most complete and up-to-date factory can make them.

NATURAL COLOR, LATHE POLISHED, HIGH FINISH

Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models and are perfect in balance. Each club bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag.

Model E

Model E—*Weights specified are for each club*

½ lb. Pair,	$ .65 ★ *$6.84 Doz.*		1½ lb. Pair,	$ .90 ★ *$9.84 Doz.*	
¾ lb. "	.65 ★ *6.96* "		2 lb. "	1.00 ★ *11.40* "	
1 lb. "	.75 ★ *8.10* "		3 lb. "	1.40 ★ *14.88* "	

Model B—*Weights specified are for each club*

½ lb. Pair,	$ .55 ★ *$5.64 Doz.*		1½ lb. Pair,	$ .75 ★ *$8.28 Doz.*	
¾ lb. "	.60 ★ *6.00* "		2 lb. "	.85 ★ *9.12* "	
1 lb. "	.65 ★ *6.84* "		3 lb. "	1.15 ★ *12.00* "	

Model B

Spalding Trade-Mark Indian Clubs

STAINED FINISH

The following clubs bear our Trade-Mark, are made of good material, and are far superior in shape and finish to the best clubs of other makes. Furnished in two popular models. Each pair wrapped in paper bag.

Model ES—*Weights specified are for each club*

½ lb. Pair,	$ .40 ★ *$4.08 Doz.*		1½ lb. Pair,	$ .65 ★ *$6.90 Doz.*	
¾ lb. "	.45 ★ *4.50* "		2 lb. "	.75 ★ *8.10* "	
1 lb. "	.50 ★ *5.16* "		3 lb. "	1.00 ★ *10.50* "	

Model BS—*Weights specified are for each club*

½ lb. Pair,	$ .35 ★ *$3.36 Doz.*		1½ lb. Pair,	$ .55 ★ *$5.76 Doz.*	
¾ lb. "	.40 ★ *3.96* "		2 lb. "	.70 ★ *7.20* "	
1 lb "	.45 ★ *4.44* "		3 lb. "	.85 ★ *9.12* "	

Model ES

No. A

No. AA

Model BS

Spalding Exhibition Clubs

Handsomely finished in ebonite; for exhibition and stage purposes. The clubs are hollow, with large body, and although extremely light, represent a club weighing three pounds or more.

No. A.	Ebonite finish.	Pair, $3.50
No. AA.	With German silver bands.	" 5.00

Indian Club and Dumb Bell Hangers

Made of Iron and Nicely Japanned

No. 1. Pair, 15c. ★ *$1.68 Doz.*
No. 1M. Mounted on oak strips. Pair, 25c. ★ *$2.70 Doz.*

Savage Bar Bell

Especially designed by Dr. Watson L. Savage.

Model S. Has large pear shaped ends, with a flexible hickory shaft ½-inch in diameter, producing a vibratory exercise similar to that obtained with the French wand. Each, **50c.** ★ *$5.40 Doz.*

Spalding Ash Bar Bells

No. 2. Selected material, highly polished, 5 feet long. . Each, **45c.** ★ *$4.50 Doz.*

School Wand

No. 3. 3½ feet long. Straight grain maple, black finish. Each, **12c.** ★ *$1.20 Doz.*

Calisthenic Wand

No. 4. 4½ feet long. 1 inch diameter. Black finish. . . . . Each, **15c.** ★ *$1.41 Doz.*

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight. On Wands and Bar Bells quantity prices will be allowed on one-half dozen or more.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SANDOW'S PATENT SPRING GRIP DUMB BELLS

A. G. Spalding & Bros., Sole American and Canadian Licensees

EUGEN SANDOW, Patentee

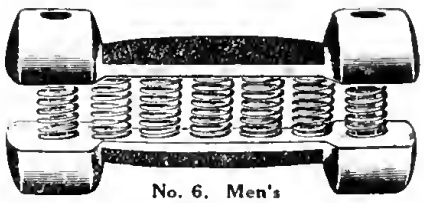
Sandow Patent Spring Grip Dumb Bells are used by all the greatest athletes in their training.

An entire system of physical culture is embraced within the exercises possible with these wonderful dumb bells.

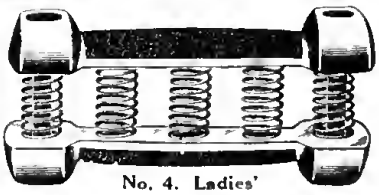
The bells are made in two halves connected by steel springs, the effort necessary in gripping compelling the pupil to continually devote his whole mind to each movement This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

No **6.** MEN'S. Nickel-plated; seven steel springs. . . . . Pair, **$3.00**
No **5.** MEN'S. Black enameled, five steel springs . . . . Pair, **$2.00**
No. **4.** LADIES' Nickel-plated; five steel springs. . . . . Pair, **$2.50**
No. **2.** BOYS'. Nickel-plated; four steel springs. . . . . Pair, **$2.00**

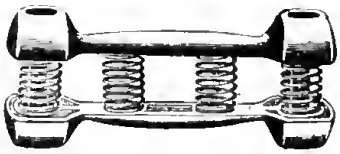
We include with each pair of Sandow Dumb Bells a chart of exercises by Sandow and full instructions for using. This is the most complete exercising chart ever devised and yet it is very plain and easy to understand. Profusely illustrated.



No. 6. Men's



No. 4. Ladies'



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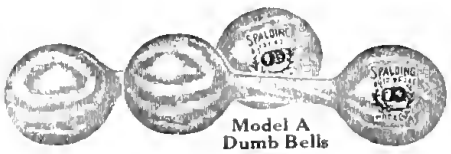
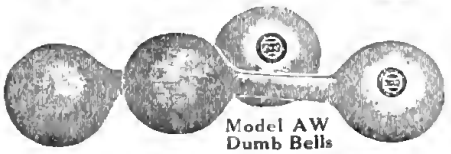
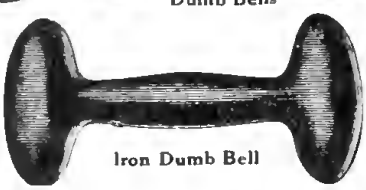


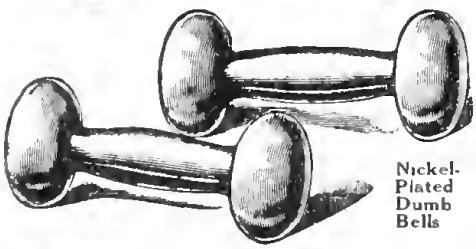
Model A Dumb Bells



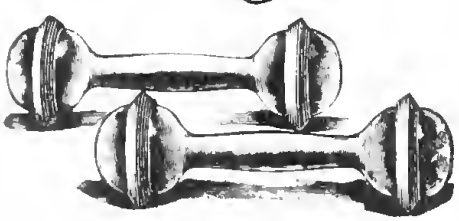
Model AW Dumb Bells



Iron Dumb Bell



Nickel-Plated Dumb Bells



Nickel-Plated Dumb Bells, with Rubber Bands

Spalding Gold Medal Wood Dumb Bells

Model A. Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Dumb Bells are made of selected first grade clear maple, and are perfect in balance. Each bell bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag. Weights specified are for each bell.

½ lb. Bells. Pair, **45c.** ★ *$4.68 Doz.* 1 lb. Bells. Pair, **65c.** ★ *$6.72 Doz.*
¾ lb Bells. " **50c.** ★ *5.40* " 1½ lb. Bells. " **70c.** ★ *7.50* "
2 lb. Bells. Pair, **80c.** ★ *$8.52 Doz*

Spalding Trade-Mark Wood Dumb Bells

Model AW (Stained Finish.) Spalding Trade-Mark quality. Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell

½ lb. Bells. Pair, **35c.** ★ *$3.36 Doz* 1 lb. Bells. Pair, **45c.** ★ *$4.44 Doz*
¾ lb. Bells. " **40c.** ★ *3.90* " 1½ lb. Bells. " **55c.** ★ *5.70* "
2 lb. Bells. Pair, **70c.** ★ *$7.20 Doz.*

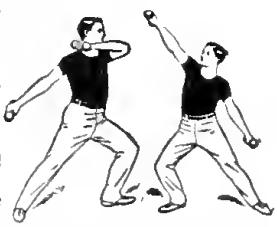
Spalding Iron Dumb Bells—Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 lbs. Pound **6c.** ★ *5c. lb.*
Over 40 lbs. Pound **8c.** ★ *6½c. lb.*

Bar Bells, weight 25 lbs. or more for complete Bar Bell, supplied regularly with steel handles, length 3 feet between bells . . **12c.** lb. ★ *10½c. lb.*

Bar Bells, weight 25 lbs. or more for complete Bar Bell, with steel handles, either shorter or longer than regular length, as noted above. **15c.** lb. ★ *13½c. lb.*

Prices for Bar Bells, weighing other than above, quoted on application.

Quantity prices in italics will be allowed on 25 lbs. or more of iron dumb bells or 100 lbs. or more of bar bells.



Spalding Nickel-Plated Dumb Bells (Nickel-Plated and Polished)

No. **1N.** 1 lb. Pair, **30c.** ★ *$3.24 Doz.* No. **3N.** 3 lb. Pair, **70c.** ★ *$7.56 Doz.*
No. **2N.** 2 lb. " **50c.** ★ *5.40* " No. **4N.** 4 lb. " **85c.** ★ *9.28* "
No. **5N.** 5 lb. Pair, **$1.00** ★ *$10.80 Doz.*

WITH RUBBER BANDS

No. **1B.** 1 lb. Pair, **50c.** ★ *$5.40 Doz.* No **3B.** 3 lb. Pair, **$1.00** ★ *$10.80 Doz.*
No **2B.** 2 lb. " **75c.** ★ *8.10* " No. **4B.** 4 lb. " **1.25** ★ *13.50* "
No. **5B.** 5 lb. Pair, **$1.50** ★ *$16.20 Doz.*

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight Quantity prices will NOT be allowed on items NOT marked with ★

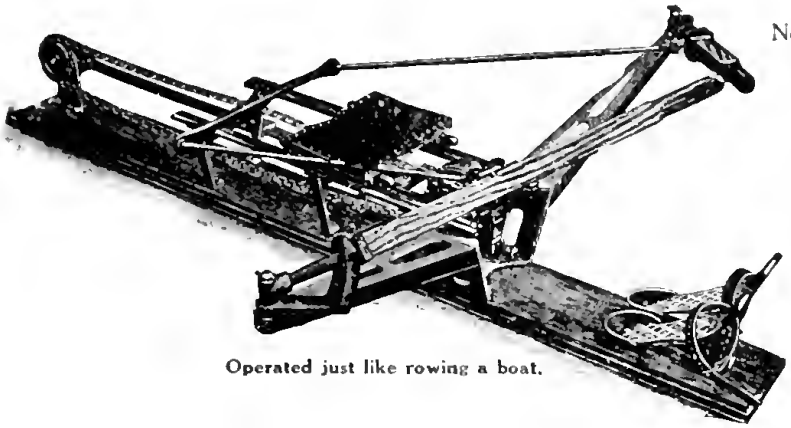
PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

SPALDING CHAIN BELT ROWING MACHINE No. 600

Suitable Alike for the Athlete or the Ordinary Man or Woman



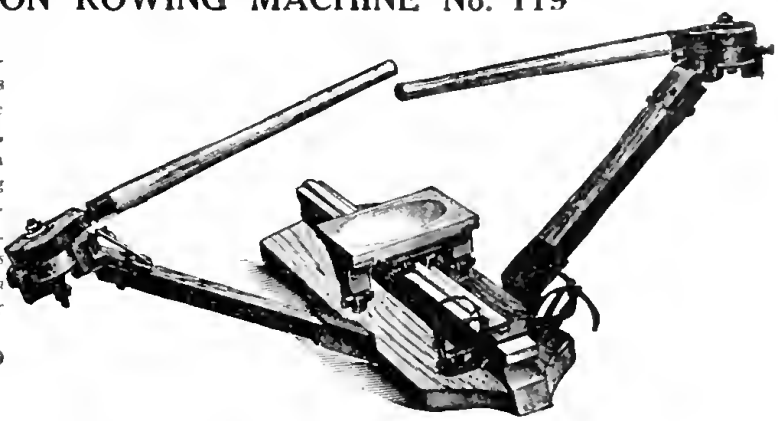
Operated just like rowing a boat.

No. **600.** The ideal boat for home use and training purposes. Brings the exercise usually obtained on river or lake into the home or bedroom. Fitted with roller seat and adjustable shoes to fit either a tall or a short person. Thumb-nut arrangement controlling belt allows more or less friction to be thrown into the running parts, imitating the resistance which exista when forcing a row boat through the water. The resistance may be reduced for the weaker sex or increased to suit the strongest athlete. Oars are pivoted in such a way that operator can handle and turn them same as he would during the return and feathering motion with a boat oar. Floor space required, 6 x 5 feet. . . . . Each, **$30.00**

SPALDING FRICTION ROWING MACHINE No. 119

No. **119.** The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance. *Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action.* Floor space required, 4½ feet by 4½ feet.

Complete, **$16.00**

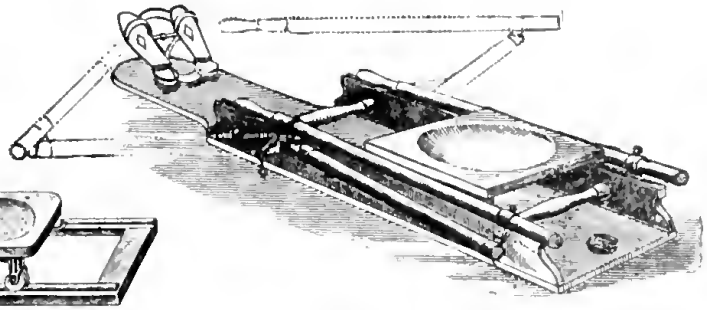


SPALDING ROWING ATTACHMENTS

For use with No. 5 Chest Weight Machines

Particularly suitable for home use. Can be detached from the weight machine quickly and put away in a very small space until the next opportunity for use presents itself. To be used in connection only with chest weights, like Spalding No. 5 (see opposite page) which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.

No. R



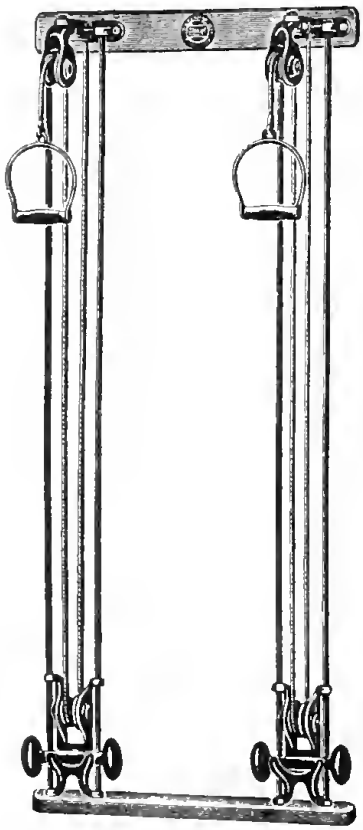
No. 1

No. **R.** Designed to fill the demand for a low priced article of this kind, built along substantial lines. Gives entire satisfaction. Floor space required, 4½ feet by 12 inches. . . . . Complete, **$7.50**

No. **1.** This attachment, as will be noted, has out-riggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with chest weight. Floor space required, 4½ feet by 4½ feet. . . . . Complete, **$10.00**

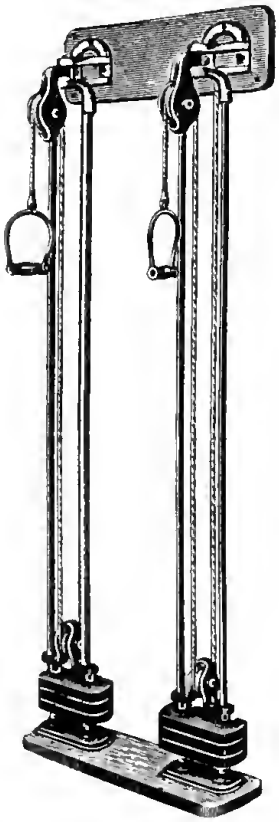
NOTE—These Rowing Attachments, Nos. 1 and R, can be used only in connection with the No. 5 Type of Chest Weight Machine with

SPALDING CHEST WEIGHT MACHINES



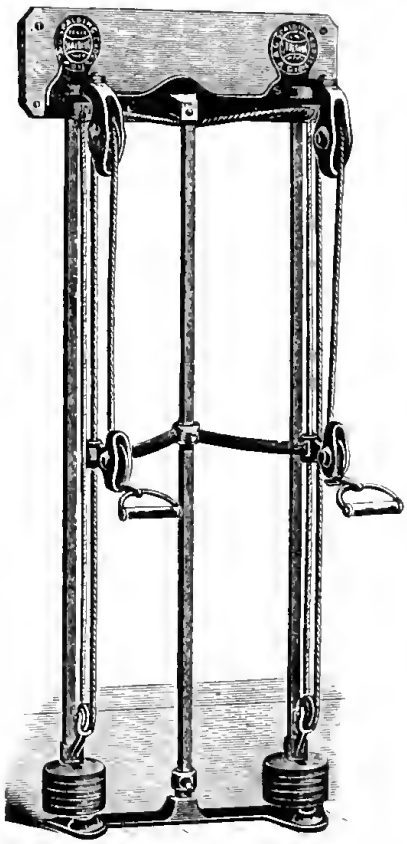
Spalding Chest Weight No. 2

No. 2. A good machine for home use; noiseless and durable. Well made and easy running. Rods are ⅜-inch coppered spring steel. Weights are 5-lb. iron dumb bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect. . . . . Each, **$5.00**



Spalding Chest Weight No. 12

No. 12. This machine, especially designed for home exercise, will be found high grade in every particular. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights. . . . . Each, **$10.00**

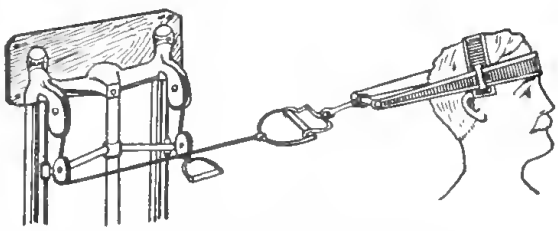


Spalding Chest Weight No. 5

No. 5. Because of its adjustment feature, which permits of all lower, as well as direct chest movements, this machine really combines two machines in one, and is particularly suitable where space is a consideration. The various changes are made by raising or lowering the center arm, requiring but a few seconds. Japan finish. Each machine is equipped with 16 pounds of weights. Ea., **$15.00**
Extra weights for above, 1¼ lbs. Ea., **.20**

Spalding Head and Neck Attachment

For business men. Overcomes tendency to forward head, due to continuous work at desk. For women, will help develop a nicely rounded neck.

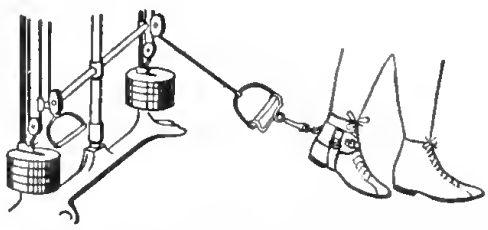


Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

No. 3. Heavy cowhide. Ready for use by simply snapping to one of the handles or both. . . . Each, **$1.50**

Spalding Foot and Leg Attachment

This provides a local exerciser for all muscles of the leg. As such it is an excellent device for strengthening weak muscles, toning up others and giving exercise to stiff joints.



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

No. 2. Heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. . Each, **$1.50**

Spalding Adjustable Doorway Horizontal Bar

No. A. The bar itself is made of selected hickory, having steel tubular ends into which iron sockets screw, holding rubber cushions. The socket on one end contains a left hand thread, on the other end a right hand thread. By fitting the bar in the doorway and turning it with the hands the ends are made to expand, and the friction applied by the rubber against the sides of the doorway is sufficient to sustain the weight of a heavy man. This bar may be used for chinning exercises, being adjustable to any height, also for abdominal work, as shown by cuts in margin of this page. Size of doorway in which bar will be used must be stated when ordering, as the adjustment is not great enough to meet all requirements in one size bar. . . . . Each, $4.00

This No. A Bar is supplied regularly to fit any doorway under 33 inches in width.

Bars to fit wider doorways. . . . . Extra, 50c.

Should not be used in doorways wider than 42 inches. If length larger than 42 inches is required, it would be advisable to use a regular horizontal bar.

Spalding Doorway Horizontal Bar

No. 101. The keys fastened to each end of bar fit in the side sockets, which are secured to door jamb and hold the bar firmly in place. The parts are of malleable iron, very light, yet strong enough to sustain the heaviest man. The bar may be quickly removed when not in use, leaving no projecting part. Complete with parts. $2.00

This No. 101 Bar is supplied regularly to fit any doorway under 37 inches. Bars to fit wider doorways, Extra, 50c. Should not be used in doorways wider than 42 inches. If length larger than 42 inches is required, it would be advisable to use a regular horizontal bar.

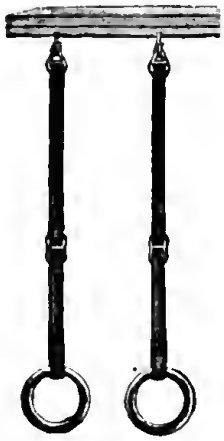
Extra sockets for doorway. Pair, 50c.

With two pairs of sockets bar may be used for either chinning or abdominal exercises.

Spalding Home Gymnasium

Combining Swinging Rings, Trapeze, Stirrups, and Swing. Should be in every home where there are growing boys and girls. The simplest and best form of exercise for them.

No. 1. The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart. It can also be used out of doors. The straps are of extra strong webbing and adjustable to any desired height; rings heavily japanned. The apparatus can be put up in any room, and removed in a moment, leaving only two hooks in the ceiling visible. The various combinations can be quickly and easily made. We furnish in addition, a board adjustable to the stirrups, which forms an excellent swing. Complete, ready to put up. $6.00



Showing Swinging Ring or upper portion of outfit

Showing upper part of Apparatus with trapeze bar attached

Showing complete outfit with exception of trapeze bar which is supplied

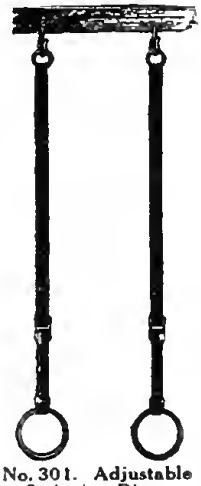
No. 201. Adjustable Trapeze

Start with the boy by making him take some kind of exercise, and if he is not inclined to do so without urging, provide him with suitable apparatus that is at the same time interesting. It won't be long before you will see the effect in his improved physique, and no urging will be necessary to induce him to show off his prowess on swinging rings or trapeze. The boy that is started this way grows up with the inclination for athletic exercise that will keep him in good health during the balance of his life.

Spalding Adjustable Trapeze and Swinging Rings

Furnished complete; everything necessary for suspending. The supports are made of extra strong webbing. Perfectly safe under all conditions, and with the adjustable buckle, may be adapted to any ceiling from 16 feet down.

No. **201.** Trapeze. . . . . Each, **$3.50**
No. **301.** Complete, with 6-inch Japanned Swinging Rings. " **3.50**



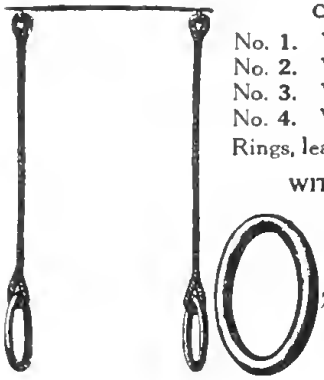
No. 301. Adjustable Swinging Rings

Spalding Wooden Exercising Rings

No. **1.** Made of three thicknesses of black walnut and maple glued together, with grain crossing. . . . . Pair, **$1.00**
No. **2.** Made of one piece solid maple, nicely finished. . . " **.75**

Spalding Swinging Rings

Made of japanned iron, 6 inches in diameter, inside measurement.



COMPLETE FOR HOME USE

No. **1.** With 5-foot ropes. . Pair, **$3.50**
No. **2.** With 6-foot ropes. . " **3.75**
No. **3.** With 7-foot ropes. . " **4.00**
No. **4.** With 8-foot ropes. . " **4.25**

Rings, leather covered, $4.00 per pair extra.

WITHOUT ROPES AND CLAMPS

No. **10.** 6-in. Pair, **$1.00**
No. **20.** 8-in. " **1.50**
No. **30.** 10-in. " **2.00**

Sizes mentioned are inside measurements. Rings, leather covered, $4.00 per pair extra.

Spalding Single Trapeze

COMPLETE FOR HOME USE

Prices, including 8 feet of rope or less.

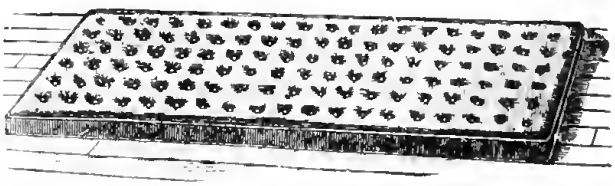
No. **1.** 2½ foot bar. Each, **$3.00**
No. **2.** 3 foot bar. " **3.25**
No. **3.** 3½ foot bar. " **3.50**

Spalding Trapeze Bars

WITHOUT ROPE

No. **1B.** 2½ feet long, bars only. Each, **$1.25**
No. **2B.** 3 feet long, bars only. Each, **$1.50**
No. **3B.** 3½ feet long, bars only. Each, **$1.75**

Spalding Mattresses



The value of a good mattress as a preventative of strains and bruises in home exercises is not generally recognized, but it is a fact that in this one feature lies their chief value. They are also indispensable as an adjunct to home acrobatics, and in fact, for most any kind of home gymnasium work, they are well nigh indispensable. The mats listed below are designed especially for home use and are recommended for that purpose only. *Supplied only in sizes and materials specified.* Covered with best No. 10 white duck, filled with two layers of best one-inch hair felt, closely tufted and strongly sewed. Two inches thick.

No. **00.** Size 3 x 5 feet. . . . . Each, **$8.00**
No. **01.** Size 4 x 6 feet. . . . . " **12.00**
No. **02.** Size 5 x 6 feet. . . . . Each, **$15.00**
No. **03.** Size 5 x 10 feet. . . . . " **25.00**

Special Wrestling Mattresses

Cover heavy quality duck, closely tufted, 2 inches thick. Complete with corduroy cover to lay over mat and allow 6-inch margin on all sides.

No. **WX.** Size 12 x 12 feet. . . . . Each, **$90.00** No. **WXX.** Size 15 x 15 feet. . . . . Each, **$135.00**

SPALDING HOME GYMNASIUM BOARD

A complete gymnasium for the home on one board. Floor space required, 3 feet by 2 feet. Height, 8 feet. Floor board and staple plate only are attached permanently. Upper board is held in position by pressure of guy rod and will not mar the wall in the slightest degree.

Consists of Board, with attachments for fastening to floor of room, so that walls need not be marred.	$10.00
Spalding Abdominal Masseur.	10.00
No. **PR.** Spalding Adjustable Disk. Complete with Striking Bag.	7.50
No. **2.** Spalding Chest Weight Machine, including pair of 5-lb. Dumb Bells.	5.00
Complete, all attached,	**$32.50**

Board itself will be furnished separately if desired. . . . . Each, **$10.00**

As the complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different articles already attached.

Spalding Automatic Abdominal Masseur

Useful for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses). It effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. A few moments' use each night, before retiring, and in the morning, upon arising, is all that is necessary. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied. . . . . Complete, **$10.00**

Spalding Bar Stall Bench

No. **205.** Hard pine, strong and substantial. Top padded with hair felt, canvas covered. Preferable, for sanitary reasons that canvas be painted (a special elastic paint is used), unless specified, stock benches will be so furnished. . Each, **$4.00**

Spalding Leather Covered Shot

No. **A.** For abdominal massage. An iron ball, wound with electric tape and then covered with very soft, smooth grade of horse hide. 6 or 8 lbs. weight Each, **$5.00**

Spalding Bar Stalls

No. **20H.** Adapted for use in the home; compact, of simple construction, used for the greatest variety of movements affecting every part of the body, and especially abdomen and chest movements. Erected against wall, behind door, or any flat surface. 8 feet high, 36 inches wide and extends 6 inches into room. Floor space required, 1 ft. by 2½ ft. Height, 8 ft. Per section, **$8.00**

ACCEPT NO SUBSTITUTE — THE SPALDING TRADE-MARK — GUARANTEES QUALITY

SPALDING EXERCISING EQUIPMENT

For Recreation Rooms, Private Use and Small Athletic Clubs

No. H Recreation Room Outfit

Outht No. H, referred to below, ia suggested exclusively for recreation rooms, being suitable for use by those of varying ages, with sufficient equipment shown to supply as many as are likely to be using the room at the same time under ordinary circumstances, while additional equipment may be added as required to take care of a larger number without disarranging the balance of the outfit.

Consisting of:

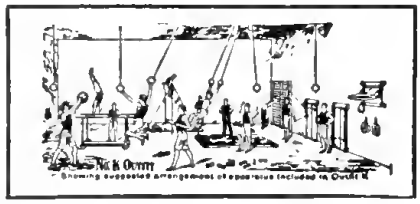
1 No. 12 Chest Weight Machine.
1 No. 3 Head and Neck Attachm't.
1 pr. No. 3 Swing. Rings, leather cov
1 No. 119 Laflin Rowing Machine.
1 No. 1 Moline Platform.
1 No 18 Striking Bag.
1 No 74 Wall Honzont. and Vault. Bar.
1 No. 03 Mattress.
2 pairs No. 6 Sandow Dumb Bells.
1 pair No. 5 Sandow Dumb Bells.
1 set No 15 Boxing Gloves.
1 set No 118 Boxing Gloves.
1 No. 12 Medicine Ball.
1 No 11 Medicine Ball.

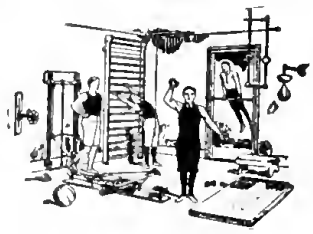
Price is F.O.B. nearest A. G. Spalding & Bros. Store. List on inside front cover of catalogue. Shipping weight of complete outfit, 570 lbs.

BASE BALL TEAMS organized for the season only, disband usually until the following year unless something is done to keep the players together during the winter months. A moderate priced outfit of Spalding Exercising Apparatus installed in the club room provides the means for healthful recreation that insures a winning team on the base ball diamond next season.

Employers of office workers, banks and other mercantile establishments, find a Recreation Room fitted out with Spalding Exercising Equipment a most profitable investment. The room need not be very large, the size, of course, depending upon the number who are likely to use the room at the same time.

For the purpose of establishing a standard we would recommend a room 25 feet x 40 feet, with a minimum ceiling height of 16 feet. Recreative rooms can be maintained in smaller space, and excellent results can be obtained in rooms of 14 feet in height. Good air, with room for "group" games and medicine ball, boxing, etc., are desirable, however, and should be secured if possible.





No. G Home Outfit

Outfit No. G is arranged particularly for use in recreation room of a private house. It provides a great variety of simple exercising apparatus at a very moderate cost. The equipment is suitable for use by those of varying ages of both acxes.

Consisting of:

1 No. 5 Chest Weight Machine.
1 No. 3 Head and Neck Attachm't.
1 No. 2 Foot and Leg Attachment.
1 No. 20H Bar Stall.
1 No. 205 Bar Stall Bench.
1 No. A Doorway Horizontal Bar.
1 No. 1 Home Gymnasium.
1 No. 600 Kerns' Row. Machine.
1 No PR Striking Bag Disk.
1 No. 10 Striking Bag.
1 No. 1 Abdominal Masseur.
1 pair No. 6 Sandow Dumb Bells.
1 pair No. 2 Sandow Dumb Bells.
1 No. 02 Mattress.
1 No. 12 Medicine Ball.

Price is F.O.B. nearest A. G. Spalding & Bros. Store. List on inside front cover of catalogue. Shipping weight of complete outfit, 450 lbs.

No. K Athletic Club Outfit

Consisting of:

2 No 5 Chest Weight Machines.
1 No. 3 Head and Neck Attachment.
1 No. 2 Foot and Leg Attachment.
2 No 20H Bar Stalls.
1 No. 600 Kerns' Rowing Machine.
1 pair No 3 Swinging Rings, leather covered.
5 only No. 3 Swinging Rings, leather covered.
(For traveling rings, 40 ft. length of room required, 15 to 16 ft. height)
1 No. 1 Moline Striking Bag Platform.
1 No G Striking Bag.
1 No. 74 Wall Horizontal and Vaulting Bar.
1 No. 101 Parallel Bar.
2 No. 03 Mattresses.
2 pairs No. 6 Sandow Dumb Bells.
1 pair No. 5 Sandow Dumb Bells.
1 pair No. 2 Sandow Dumb Bells.
1 set No. 218 Boxing Gloves.
1 set No. 118 Boxing Gloves.
1 No. 12 Medicine Ball.
1 No. 11 Medicine Ball.
1 pair 10-lb. Iron Dumb Bells.
1 only 25-lb. Iron Dumb Bell.
1 only 50-lb. Iron Dumb Bell.

Price F.O.B. nearest A. G. Spalding & Bros. Store. List on inside front cover of this catalogue. Shipping weight of complete outfit, 1250 lbs.

No. J Athletic Club Outfit

Consisting of:

1 No. 5 Chest Weight Machine.
1 No. 3 Head and Neck Attachment.
1 No. 2 Foot and Leg Attachment.
1 No. 20H Bar Stall.
1 No. 600 Kerns' Rowing Machine.
1 pair No. 3 Swinging Rings, leather covered.
1 No. 74 Wall Horizontal and Vaulting Bar
2 No. 03 Mattresses.
1 No. 1 Moline Striking Bag Platform.
1 No. G Striking Bag.
1 set No. 15 Boxing Gloves.
1 aet No. 118 Boxing Gloves.
2 pairs No. 6 Sandow Dumb Bells.
1 pair No. 5 Sandow Dumb Bells.
1 pair No. 2 Sandow Dumb Bells.
1 No. 12 Medicine Ball.
1 No. 11 Medicine Ball.

Price F.O.B. nearest A. G. Spalding & Bros. Store. List on inside front cover of this catalogue. Shipping weight of complete outfit, 725 lbs.

NOTE—Where space and funds permit we recommend as a desirable addition to either of the above Outfits, one of our special Wrestling Mats.

No. WX. Size 12 x 12 feet.
No. WXX. Size 15 x 15 feet.
Also Vaulting Horse No 1

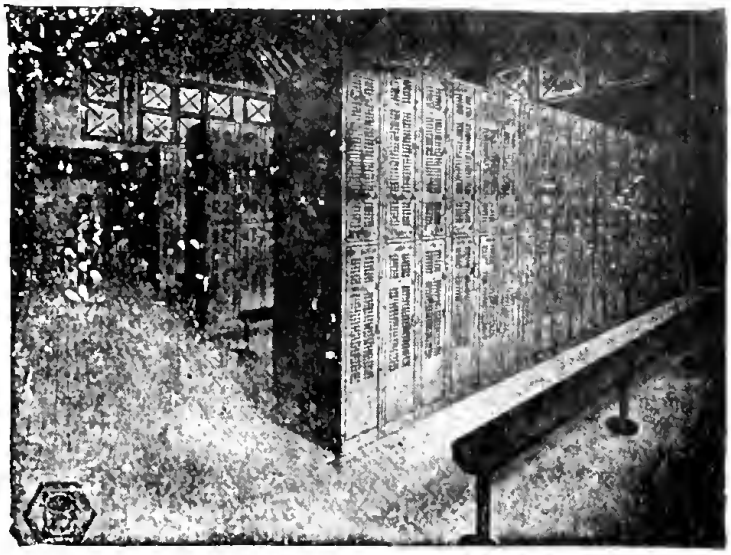
PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect July 5, 1914. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Durand-Steel Lockers



Some of the 6,000 Durand-Steel Lockers installed in the Public Gymnasiums of Chicago. 12"x 15"x 42", Double Tier.

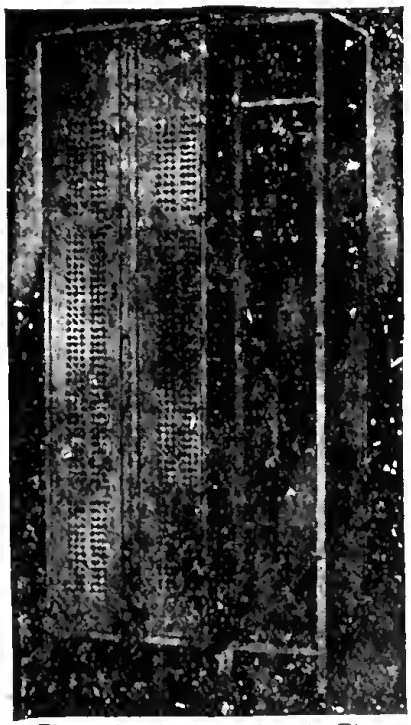
Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

Appearance of Double Tier



Three Lockers in Single Tier

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE THOSE MOST COMMONLY USED.

DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 15 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 15 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By A. G. Spalding.

PRESIDENT.

Standard Quality

An article that is universally given the appellation **"Standard"** is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is **guaranteed** by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-eight years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

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A separate book covers every Athletic Sport and is Official and Standard

Price 10 cents each

GRAND PRIZE

ST. LOUIS, 1904

A. G. SPALDING & BROS. TRADE SPALDING MARK MADE IN U.S.A. REG. U.S. PAT. OFF.

GRAND PRIX

PARIS, 1900

SPALDING ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE *and* RETAIL STORES *in the* FOLLOWING CITIES

NEW YORK
BOSTON
PHILADELPHIA
NEWARK
ALBANY
BUFFALO
SYRACUSE
ROCHESTER
BALTIMORE
WASHINGTON
CHICAGO
MILWAUKEE
DETROIT
CINCINNATI
CLEVELAND
COLUMBUS
INDIANAPOLIS
PITTSBURGH
ATLANTA
ST. LOUIS
KANSAS CITY
SAN FRANCISCO
LOS ANGELES
SEATTLE
SALT LAKE CITY
PORTLAND
MINNEAPOLIS
ST. PAUL
LOUISVILLE
DENVER
NEW ORLEANS
DALLAS
LONDON, ENGLAND
LIVERPOOL, ENGLAND
BIRMINGHAM, ENGLAND
MANCHESTER, ENGLAND
EDINBURGH, SCOTLAND
GLASGOW, SCOTLAND
MONTREAL, CANADA
TORONTO, CANADA
PARIS, FRANCE
SYDNEY, AUSTRALIA

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding Trade-Marked Athletic Goods are made are located in the following cities

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.